Inclusion

Evaluated for eligibility n=120

Stress groups (n=60)

Concentric stress – C1 (n=30)

Eccentric stress – E1 (n=30)

Follow up

Lost to follow up:
Refused to participate (n=6); did not undergo blood collection (n=1), insufficient aliquots of TNF-α (n=2) and cortisol (n=3)

Analysis

Analyzed in C1
CK (n=23)
TNF-α (n=21)
Cortisol (n=20)

Analyzed in C1 (other variables) (n=24)

Training groups (n=60)

Concentric training – C10 (n=30)

Eccentric training – E10 (n=30)

Follow up

Lost to follow up:
Refused to participate (n=7); insufficient aliquots of CK (n=3), TNF-α (n=2) and cortisol (n=1)

Analysis

Analyzed in C10
CK (n=20)
TNF-α (n=21)
Cortisol (n=20)

Analyzed in C10 (other variables) (n=23)

Lost to follow up:
Refused to participate (n=8); did not undergo blood collection (n=1), insufficient aliquots of CK, TNF-α (n=2) and cortisol (n=1)

Analysis

Analyzed in E10
CK (n=21)
TNF-α (n=21)
Cortisol (n=22)

Analyzed in E10 (other variables) (n=24)