

Supplemental aerobic, anaerobic and strength training positively affects autonomic functioning, anaerobic capacity, and immune cell homeostasis of male judo athletes

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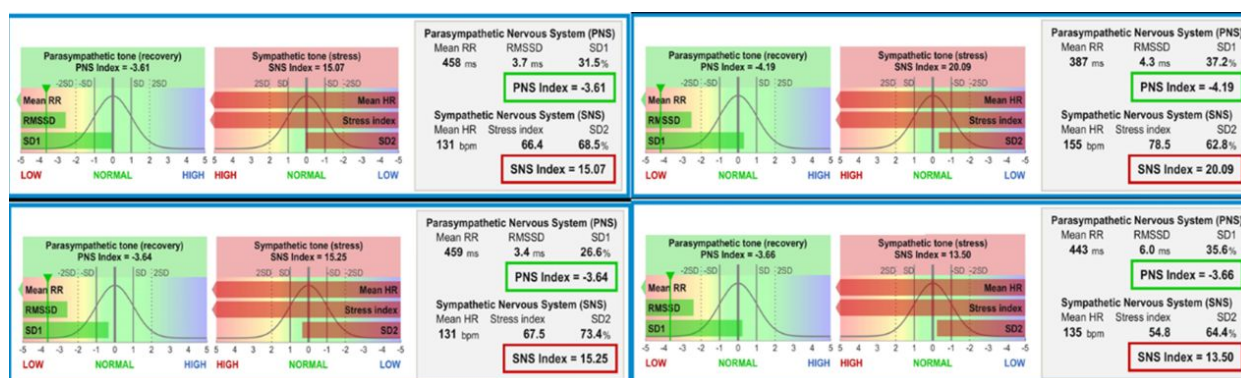


Figure S1. Overall heart rate variability analysis of one athlete from each (control and experimental) group, at both pre- and post-time points. Data were generated from Kubios software and athletes were selected randomly from each group.

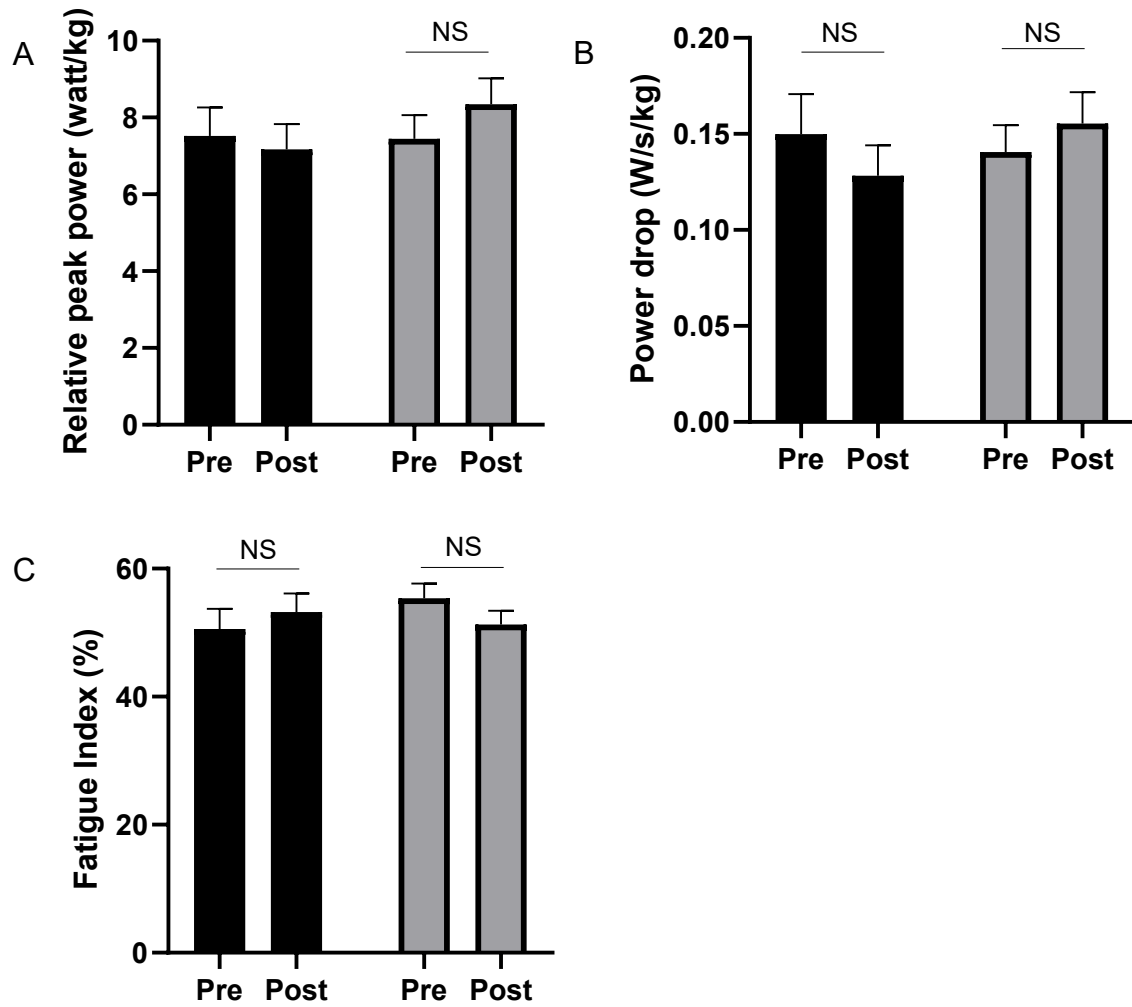


Figure S2. (A) Relative peak power, (B) power drop and (C) fatigue index in both control and experimental groups at both pre- and post-time point, respectively.

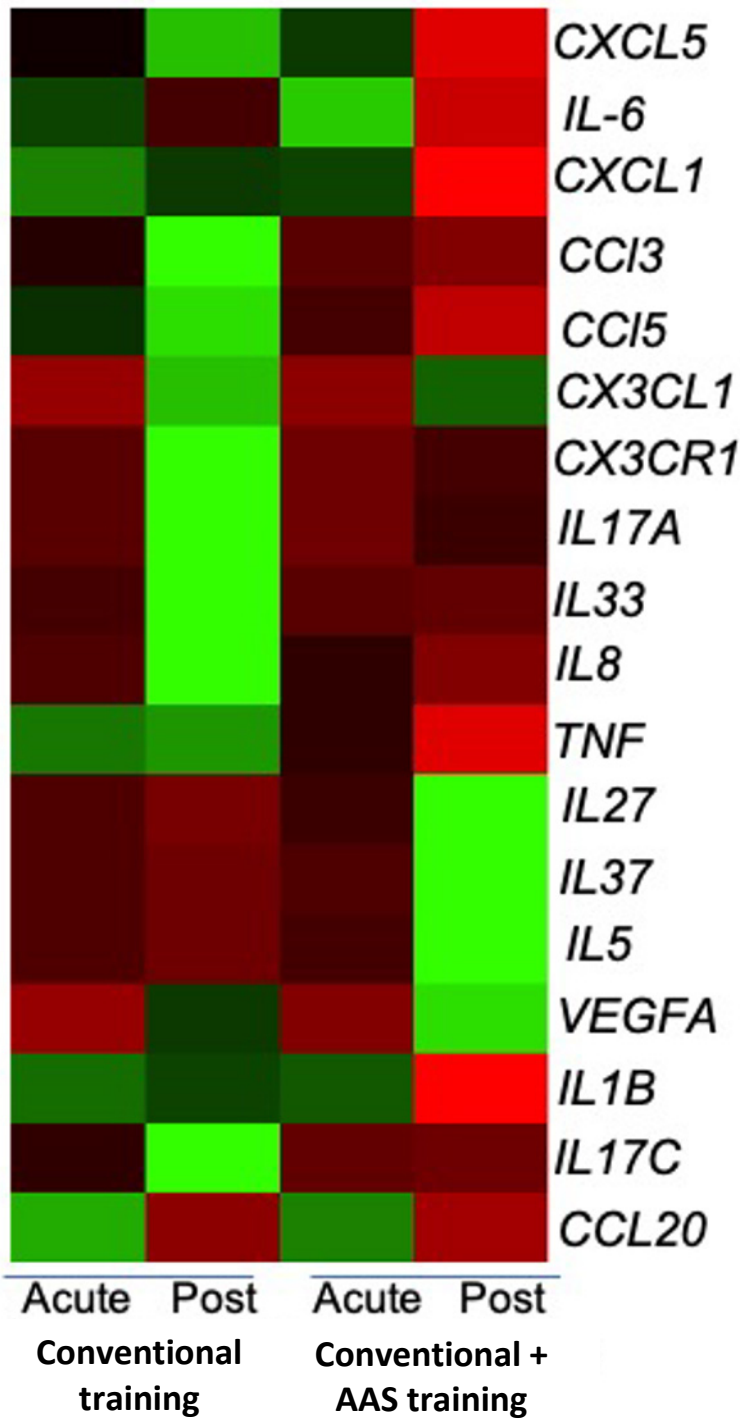


Figure S3. Heatmap showing the alteration of gene expression related to pro-inflammatory and anti-inflammatory mediators, measured by advanced PCR array technology. Data of acute and post timepoints were represented as fold change over pre timepoint, for both the groups. AAS = aerobic, anaerobic and strength training.

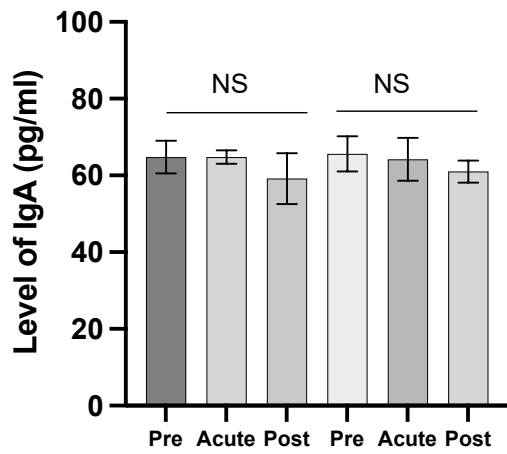


Figure S4. Serum level of immunoglobulin (Ig)A in control and experimental groups at three different time points, measured by ELISA.