

**Table 3.** Hormonal features of participants at baseline, post-exercise and at recovery\*

	<b>Baseline (n=17)</b>	<b>Post-exercise (n=17)</b>	<b>Recovery (n=17)</b>
Resistin (ng/ml)	7 5.6 8.6	77.9 <sup>a</sup> 10.7 92.1	16.1 <sup>a,b</sup> 19.0 75.3
Leptin (ng/ml)	1.6 1 2	0.2 <sup>a</sup> 0.1 0.3	0.7 <sup>a,b</sup> 0.4 1.3
Adiponectin ( $\mu$ g/ml)	8.1 4.6 12.4	8.2 5.8 12.5	7.8 <sup>b</sup> 5.1 10.3
Visfatin (ng/ml)	30.9 26.5 44	32.8 26 38.7	35.9 30.3 42.5
Cortisol ( $\mu$ g/dl)	17.6 15.2 20.4	39.77 <sup>a</sup> 26.3 48.9	19.20 <sup>b</sup> 17.9 25.6
Insulin ( $\mu$ IU/ml)	5.1 4.1 17.1	2.3 <sup>a</sup> 1.5 4.2	7.5 <sup>b</sup> 3.2 32.4

\*Hormonal values are expressed as median and interquartile range (25<sup>th</sup>-75<sup>th</sup>).

a:  $p < 0.05$  vs. baseline value, b:  $p < 0.05$  vs. post-exercise value  
Bonferroni adjustment for multiple comparisons was applied.