

Table 1. Serum concentrations of various hormones and muscle-associated secreted proteins examined at baseline and 6, 48 and 120 hrs after muscle damaging eccentric exercise. Values represent the means (\pm S.E.M), (n=9)

	PRE	6 hrs	48 hrs	120 hrs
GH (pg/ml)	495.6 (\pm 152.8)	726.1 (\pm 169.1)	665.1 (\pm 217.1)	510.4 (\pm 152.8)
IGFBP-3 (ng/ml)	1391.9 (\pm 8.0)	1216.2 (\pm 7.0)	1236.2 (\pm 7.1)	1247.7 (\pm 8.0)
Cortisol (ng/ml)	267.0 (\pm 40.8)	337.4 (\pm 77.3)	321.4 (\pm 60.0)	312.1 (\pm 43.0)
Prolactin (ng/ml)	23.4 (\pm 3.1)	28.1 (\pm 4.7)	30.2 (\pm 4.1)	25.7 (\pm 4.6)
TSH (μ IU/ml)	1.09 (\pm 0.14)	1.27 (\pm 0.15)	1.17 (\pm 0.20)	1.33 (\pm 0.17)
fT4 (ng/dl)	1.13 (\pm 0.02)	1.20 (\pm 0.05)	1.29 (\pm 0.04)* (p=0.016)	1.26 (\pm 0.05)* (p=0.049)
Irisin (μ g/ml)	0.22 (\pm 0.03)	0.20 (\pm 0.02)	0.17 (\pm 0.01)	0.14 (\pm 0.02)* (p=0.032)
Follistatin (pg/ml)	2080.2 (\pm 200.3)	2827.2 (\pm 472.6)	2924.4 (\pm 330.2)	2144.4 (\pm 177.9)
Sclerostin (pg/ml)	1734.0 (\pm 639.1)	1432.8 (\pm 491.5)	1280.5 (\pm 533.4)	2239.1 (\pm 1066.1)

GH: Growth hormone; IGFBP-3: Insulin-like growth factor binding protein-3; TSH: Thyroid-stimulating hormone; fT4: Free thyroxine.

*: Significantly different compared with the pre-exercise (PRE) values.