

Table 1. Anthropometric characteristics of groups A1 and A2

	Group A1 N=35	Group A2 N=36	p value
Age (yr)	38±7.1	35.4±9.2	0.931
Weight (kg)	98.6±14.9	102.1±18.7	0.377
Body mass index (Kg/m ²)	37.2±5.3	38.5±7	0.742
Waist to hip ratio	0.9±0.05	0.9±0.05	0.610
Waist circumference (cm)	109.3±12.7	108.5±10.6	0.733
%body fat	43.3±5.4	42.5±8.1	0.368
%fat free mass	56.7±5.8	57.9±8.2	0.352