Table 1. The effects of a systematic exercise training program on anthropometric, biochemical and physical fitness parameters

	Baseline	Post TR	p value
BW (kg)	81.3 (23.4)	79.6 (23.7)	0.007
BMI (kg/m^2)	32.3 (8.7)	31.9 (8.6)	0.007
Waist circumference (cm)	106.2 (27.0)	102.1 (24.4)	0.005
HbA_{1c} (%)	7.2 (1.5)	6.7 (0.8)	0.016
HOMA-IR	3.0 (3.0)	3.3 (3.1)	0.508
IL-6 (pg/mL)	6.1 (3.3)	6.1 (2.6)	0.263
IL-10 (pg/mL)	3.7 (1.5)	3.4 (1.4)	0.484
INF-γ (pg/mL)	15.7 (16.0)	14.5 (17.2)	0.980
TNF-α (pg/mL)	2.2 (1.7)	2.3 (1.5)	0.326
Stress test duration (min)	7.2 (2.5)	9.1 (1.7)	0.012
Bench press strength (kg)	25.0 (7.5)	35.0 (5.0)	0.017
Knee extension strength (kg)	22.5 (5.0)	35.0 (7.5)	0.014

Values are presented as median (interquartile range). The baseline values were compared with the post training values within groups via the paired samples Wilcoxon test (p=0.05 significant). Post TR, Post training; BW, body weight; BMI, body mass index; HbA_{1c}, glycated hemoglobin; HOMA-IR, homeostasis model of insulin resistance; TNF-α, tumor necrosis factor-α; INF-γ, interferon-γ; IL-6, interleukin-6; IL-10, interleukin-10.