

**Table 5.** Hormonal concentrations of experimental (AG, WG) and control groups (CG) at the beginning (Pre) and at the end (Post) of the experimental period

	<b>AG:</b> <b>aerobic training group</b>		<b>WG:</b> <b>resistance training group</b>		<b>CG:</b> <b>control group</b>	
	<b>Pre</b>	<b>Post</b>	<b>Pre</b>	<b>Post</b>	<b>Pre</b>	<b>Post</b>
T (nmol/L)	2.98±3.58	4.49±7.5	4.88±5.75	10.94±6.26	6.1±4.45	6.6±4.05
SHBG (nmol/L)	54.95±27.13	58.1±24.77	69±30.92	61.5±42.17	64.2±21.84	73.7±25.17
FAI	8.1±12.47	11.17±19.12	15.6±26.12	28.49±33.56	12.75±15.1	12.1±13.61