

Table 1. Anthropometric characteristics of the studied subjects

	CS	CT1	CT2
Body weight (Kg)	75.24±7.11	74.72±6.67	74.71±6.70
SW (p-value)	0.097	0.189	0.127
Height (m)	1.72±0.03	1.72±0.03	1.72±0.03
SW (p-value)	0.878	0.987	0.878
BMI (kg/m ²)	25.49±2.65	25.34±2.50	25.29±2.54
SW (p-value)	0.047	0.026	0.043

CS: control session; CT1: concurrent training session 1;
CT2: concurrent training session 2; BMI: body mass index;
SW: Shapiro-Wilk normality test.