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| **Table** **16.** Statistical evaluation - Experimental group (4x20 min per week) | | | |  |  |  |  |  |  |  |  |
| **Descriptive Statistics** | | | | | | | | |  |  |  |
|  | N | Mean | Std. Deviation | Minimum | Maximum | Percentiles | | | d (Median) =  pretest -posttest | Wilcoxon Signed Ranks Test | |
| 25th | 50th (Median) | 75th | z | Asymp. Sig.  (2-tailed) |
| Body weight\_pretest | 14 | 82.00 | 3.94 | 77.00 | 88.00 | 78.00 | 81.50 | 85.50 | 2.00 | 2.836 | **0.005** |
| Body weight\_posttest | 14 | 80.57 | 3.20 | 77.00 | 86.00 | 77.75 | 79.50 | 84.00 |
| Fat\_pretest | 14 | 18.48 | 3.58 | 14.20 | 24.20 | 14.93 | 18.10 | 21.45 | 0.65 | 2.739 | **0.006** |
| Fat\_posttest | 14 | 17.60 | 2.87 | 14.00 | 23.00 | 14.35 | 17.45 | 19.68 |
| Vis\_fat\_pretest | 14 | 7.07 | 1.54 | 5.00 | 10.00 | 5.75 | 7.00 | 8.00 | 0.50 | 2.271 | **0.023** |
| Vis\_fat\_posttest | 14 | 6.50 | 1.09 | 5.00 | 8.00 | 5.75 | 6.50 | 7.25 |
| BMI\_pretest | 14 | 24.59 | 2.05 | 18.90 | 26.90 | 23.78 | 24.80 | 26.08 | 1.45 | 2.923 | **0.003** |
| BMI\_posttest | 14 | 23.04 | 1.91 | 19.10 | 25.50 | 22.08 | 23.35 | 24.43 |
| W170\_posttest | 14 | 3.05 | .27 | 2.71 | 3.60 | 2.89 | 2.93 | 3.23 | 0.27 | 2.984 | **0.003** |
| W170\_pretest | 14 | 2.80 | .43 | 2.19 | 3.53 | 2.52 | 2.66 | 3.17 |
| % muscles\_pretest | 14 | 43.09 | 1.80 | 38.60 | 45.30 | 42.43 | 43.40 | 44.30 | 0.40 | 0.847 | 0.397 |
| % muscles\_posttest | 14 | 42.66 | 1.83 | 38.60 | 44.80 | 41.63 | 43.00 | 44.10 |
| Test\_20x20\_pretest | 14 | 81.50 | 4.54 | 76.00 | 89.00 | 76.75 | 81.00 | 84.50 | -5.00 | 2.778 | **0.005** |
| Test\_20x20\_posttest | 14 | 86.21 | 4.39 | 79.00 | 94.00 | 83.00 | 86.00 | 90.25 |
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| **Table** **17.** Statistical evaluation - Reference group (2x40 min per week) | | | |  |  |  |  |  |  |  |  |
| **Descriptive Statistics** | | | | | | | | |  |  |  |
|  | N | Mean | Std. Deviation | Minimum | Maximum | Percentiles | | | d (Median) =  pretest -posttest | Wilcoxon Signed Ranks Test | |
| 25th | 50th (Median) | 75th | z | Asymp. Sig.  (2-tailed) |
| Body weight\_pretest | 14 | 77.50 | 7.48 | 64.00 | 95.00 | 71.50 | 77.50 | 81.25 | -0.50 | -1.414 | 0.157 |
| Body weight\_posttest | 14 | 77.21 | 7.39 | 64.00 | 94.00 | 70.75 | 78.00 | 81.25 |
| Fat\_pretest | 14 | 16.09 | 3.34 | 9.70 | 22.70 | 14.20 | 15.45 | 18.63 | 0.20 | -2.215 | **0.027** |
| Fat\_posttest | 14 | 15.88 | 3.36 | 9.10 | 22.10 | 14.03 | 15.25 | 18.73 |
| Vis\_fat\_pretest | 14 | 6.36 | 2.10 | 3.00 | 9.00 | 4.00 | 6.50 | 8.25 | 0.00 | -0.577 | 0.564 |
| Vis\_fat\_posttest | 14 | 6.29 | 1.98 | 3.00 | 9.00 | 4.75 | 6.50 | 8.00 |
| BMI\_pretest | 14 | 23.32 | 2.53 | 19.20 | 27.00 | 21.60 | 23.30 | 25.88 | 0.25 | -2.177 | **0.029** |
| BMI\_posttest | 14 | 22.91 | 2.22 | 19.00 | 26.00 | 21.45 | 23.05 | 25.03 |
| W170\_posttest | 14 | 3.06 | .46 | 2.51 | 4.24 | 2.72 | 2.91 | 3.22 | -0.25 | -2.230 | **0.026** |
| W170\_pretest | 14 | 3.15 | .47 | 2.48 | 4.25 | 2.78 | 3.16 | 3.30 |
| % muscles\_pretest | 14 | 42.04 | 2.23 | 35.90 | 45.10 | 41.48 | 42.30 | 43.30 | 0.10 | -0.318 | 0.751 |
| % muscles\_posttest | 14 | 42.01 | 2.09 | 36.30 | 45.10 | 41.45 | 42.20 | 43.20 |
| Test\_20x20\_pretest | 14 | 84.00 | 5.31 | 78.00 | 95.00 | 78.75 | 83.00 | 88.25 | -4.00 | -2.614 | **0.009** |
| Test\_20x20\_posttest | 14 | 87.43 | 5.26 | 79.00 | 99.00 | 84.50 | 87.00 | 90.50 |