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eTable 1. Baseline and results of Experimental Group under 75 years

Experimental Group <75 years	Baseline (N=12)	Session 86 (N=12)	p-value
Characteristics			
% Women	33,3%		
Age average	71,83 (,737)		
Anthropometric			
Weight	65,7333 (4,27337)	64,3333 (4,58863)	,054
Height	151,1000 (2,49663)		
BMI	28,5633 (1,39803)	27,9453 (1,58093)	,041*
% Body Fat	44,111 (1,2988)	43,678 (1,2770)	,463
Fat weight	28,856 (1,7841)	28,433 (1,6898)	,208
Functional Test			
Tandem	8,8438 (,78422)	8,2675 (1,11670)	,273
4m Walking	4,4513 (,20566)	4,6975 (,10001)	,754
Strong leg	9,7763 (,72894)	9,2613 (,89642)	,272
Handgrip Right	19,0250 (1,35419)	19,4750 (2,50704)	,965
Handgrip Left	20,7125 (3,73270)	20,0125 (2,50866)	,575
Up & Go	76,1250 (5,17700)	80,8750 (5,34335)	,061
2' Step	8,4275 (,51695)	7,8013 (,33642)	,695

eTable 2. Baseline and results of Control Group under 75 years

Control Group <75 years	Baseline (N=28)	Session 86 (N=28)	p-value
Characteristics			
% Women	85,7%		
Age average	71,00 (,491)		
Anthropometric			
Weight	65,7333 (4,27337)	68,1481 (1,81220)	,18
Height	151,1000 (2,49663)		
BMI	28,5633 (1,39803)	29,4940 (,76992)	,017*
% Body Fat	44,111 (1,2988)	43,500 (,7068)	,409
Fat weight	28,856 (1,7841)	29,807 (1,0847)	,027*
Functional Test			
Tandem	8,8438 (,78422)	8,6513 (1,23975)	,050*
4m Walking	4,4513 (,20566)	4,2571 (,15881)	,428
Strong leg	9,7763 (,72894)	10,3714 (,72590)	,333
Handgrip Right	19,0250 (1,35419)	19,4429 (1,13756)	,882
Handgrip Left	20,7125 (3,73270)	19,2214 (,90628)	,665
Up & Go	76,1250 (5,17700)	83,1429 (2,17846)	,638
2' Step	8,4275 (,51695)	7,6657 (,23104)	,005*

eTable 3. Baseline and results of Experimental Group between 75-85 years

Experimental Group 75-85 years	Baseline (N=43)	Session 86 (N=43)	p-value
Characteristics			
% Women	65,1%		
Age average	78,86 (,419)		
Antrhopometric			
Weight	68,0049 (1,73899)	67,6610 (1,72644)	,180
Height	153,7930 (,98593)		
BMI	28,5212 (,55330)	28,3821 (,55648)	,180
% Body Fat	42,641 (,7539)	43,071 (,7056)	,083
Fat weight	28,976 (,8803)	29,051 (,8937)	,706
Functional Test			
Tandem	9,5789 (,42105)	9,7158 (,17494)	,875
4m Walking	4,0537 (,23328)	4,1632 (,18536)	,244
Strong leg	9,7205 (,56642)	9,6121 (,55192)	,894
Handgrip Right	21,1011 (1,20604)	22,2632 (1,44064)	,346
Handgrip Left	20,5684 (1,34582)	21,2175 (1,50248)	,293
Up & Go	82,6842 (5,35306)	79,7895 (5,46952)	,020*
2' Step	8,5226 (,44443)	7,4805 (,31243)	,645

eTable 4. Baseline and results of Control Group between 75-85 years

Control Group 75-85 years	Baseline (N=31)	Session 86 (N=31)	p-value
Characteristics			
% Women	74,2%		
Age average	78,77 (,470)		
Anthropometric			
Weight	68,0049 (1,73899)	68,2708 (2,07796)	,012*
Height	153,7930 (,98593)		
BMI	28,5212 (,55330)	29,1837 (,81803)	,041*
% Body Fat	42,641 (,7539)	42,763 (1,2878)	,403
Fat weight	28,976 (,8803)	29,213 (1,2919)	,072
Functional Test			
Tandem	9,5789 (,42105)	8,0481 (,72464)	,638
4m Walking	4,0537 (,23328)	4,0781 (,14719)	,427
Strong leg	9,7205 (,56642)	10,4895 (,37667)	,192
Handgrip Right	21,1011 (1,20604)	20,3524 (,76577)	,171
Handgrip Left	20,5684 (1,34582)	20,5810 (,78415)	,717
Up & Go	82,6842 (5,35306)	81,6667 (4,50256)	,784
2' Step	8,5226 (,44443)	8,0914 (,28293)	,000*

eTable 5. Baseline and results of Experimental Group over 85 years

Experimental Group >85 years	Baseline (N=11)	Session 86 (N=11)	p-value
Characteristics			
% Women	54,5%		
Age average	87,64 (,801)		
Antrhopometric			
Weight	59,4091 (2,59003)	58,4364 (2,63222)	,038*
Height	151,5636 (2,03641)		
BMI	25,8203 (,85590)	25,3855 (,86343)	,038*
% Body Fat	44,091 (1,1935)	44,018 (1,3127)	,756
Fat weight	26,473 (1,0890)	25,536 (1,2181)	,016*
Functional Test			
Tandem	8,8533 (1,14667)	7,6550 (1,48311)	,068
4m Walking	5,5467 (,93106)	5,4567 (,87487)	,213
Strong leg	10,5050 (2,74410)	10,6950 (1,42325)	,203
Handgrip Right	19,2833 (2,93841)	18,5333 (1,39968)	,075
Handgrip Left	17,7000 (1,65630)	18,8833 (1,21392)	,041*
Up & Go	67,3333 (14,14842)	80,8333 (5,37536)	,028*
2' Step	11,8567 (1,59458)	10,0217 (1,66375)	,540

eTable 6. Baseline and results of Control Group over 85 years

Control Group >85 years	Baseline (N=12)	Session 86 (N=12)	p-value
Characteristics			
% Women	83,3%		
Age average	86,08 (,313)		
Anthropometric			
Weight	59,4091 (2,59003)	61,6364 (2,99628)	,021*
Height	151,5636 (2,03641)		
BMI	25,8203 (,85590)	26,6227 (1,21648)	,028*
% Body Fat	44,091 (1,1935)	43,827 (1,4983)	,593
Fat weight	26,473 (1,0890)	27,127 (1,8607)	,423
Functional Test			
Tandem	8,8533 (1,14667)	9,0100 (,69932)	,674
4m Walking	5,5467 (,93106)	4,9338 (,26390)	,084
Strong leg	10,5050 (2,74410)	11,3338 (,87792)	,638
Handgrip Right	19,2833 (2,93841)	18,3125 (1,30267)	,410
Handgrip Left	17,7000 (1,65630)	19,4500 (1,05526)	,388
Up & Go	67,3333 (14,14842)	81,3750 (3,18443)	,350
2' Step	11,8567 (1,59458)	7,9538 (,43513)	,036*