

Table S1. Analysis of hematological and serum biochemistry in dogs.

Parameters (unit)	Dogs	Pre-exercise	2 weeks-exercise	Post-exercise
WBC (k/ μ L)	Control	7810.0 ± 1120.6	7313.3 ± 2043.4	7543.3 ± 976.5
	Exercise	8650.0 ± 3085.7	4916.6 ± 1097.9 *	6806.6 ± 450.8 *
RBC (m/ μ L)	Control	732.6 ± 54.9	694.0 ± 51.8	737.0 ± 84.5
	Exercise	553.6 ± 101.2	564.3 ± 78.2	626.6 ± 69.6
Hb (g/dL)	Control	17.0 ± 0.9	16.3 ± 1.0	16.3 ± 0.7
	Exercise	13.1 ± 2.9	13.3 ± 2.2	14.8 ± 2.1
MCV(fL)	Control	65.6 ± 1.3	65.2 ± 2.0	60.1 ± 9.8
	Exercise	67.3 ± 0.9	67.4 ± 1.8	67.7 ± 2.3
MCH(pg)	Control	23.2 ± 0.3	23.4 ± 0.4	22.3 ± 1.8
	Exercise	23.5 ± 0.9	23.6 ± 0.8	23.6 ± 0.9
MCHC(g/dL)	Control	35.4 ± 0.5	36.0 ± 0.5	37.4 ± 3.5
	Exercise	35.0 ± 0.8	35.0 ± 0.4	34.8 ± 0.4
PLT(k/ μ L)	Control	31.0 ± 4.4	33.0 ± 1.8	31.7 ± 3.1
	Exercise	42.2 ± 14.2	44.1 ± 25.8	43.4 ± 9.6
ALT (U/L)	Control	39.0 ± 9.0	34.6 ± 5.5	32.3 ± 5.1
	Exercise	43.6 ± 3.7	39.0 ± 5.1	39.0 ± 5.2 *
AST (U/L)	Control	37.6 ± 4.0	30.0 ± 1.0	30.6 ± 5.5
	Exercise	35.0 ± 2.6	31.0 ± 5.5	26.3 ± 2.0
ALP (U/L)	Control	35.3 ± 8.6	34.8 ± 2.0	30.3 ± 5.1
	Exercise	40.0 ± 4.5	44.0 ± 2.6	49.6 ± 7.0 *
BUN (mmol/L)	Control	10.0 ± 1.1	13.7 ± 4.0	13.7 ± 1.6
	Exercise	13.4 ± 1.4	15.0 ± 2.8	16.8 ± 3.5
Creatinine (mg/L)	Control	0.89 ± 0.12	0.82 ± 0.16	0.85 ± 0.09
	Exercise	1.08 ± 0.62	0.68 ± 0.09	0.76 ± 0.04
Glucose (mmol/L)	Control	110.6 ± 7.0	110.3 ± 7.7	104.6 ± 6.6
	Exercise	110.3 ± 5.6	101.3 ± 7.5 *	108.0 ± 9.6
Albumin (g/dL)	Control	3.5 ± 0.1	4.7 ± 2.1	3.5 ± 0.1
	Exercise	3.0 ± 0.2	3.1 ± 0.3	3.3 ± 0.1
Total protein (g/dL)	Control	6.5 ± 0.3	6.2 ± 0.0	6.4 ± 0.2
	Exercise	5.8 ± 0.4	6.1 ± 1.1	6.3 ± 0.5
Calcium (mg/mL)	Control	9.2 ± 0.1	9.0 ± 0.2	9.3 ± 0.5
	Exercise	8.6 ± 0.3	8.6 ± 0.34	9.3 ± 0.1
Inorganic (mg/mL)	Control	4.4 ± 0.2	4.0 ± 0.2	4.8 ± 0.5
	Exercise	4.5 ± 0.2	5.1 ± 0.7	5.9 ± 0.8