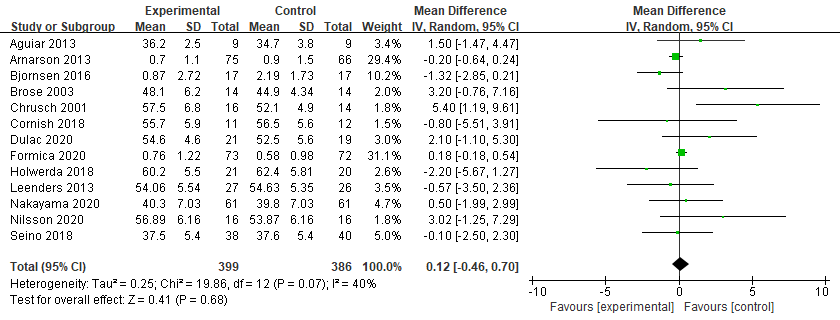
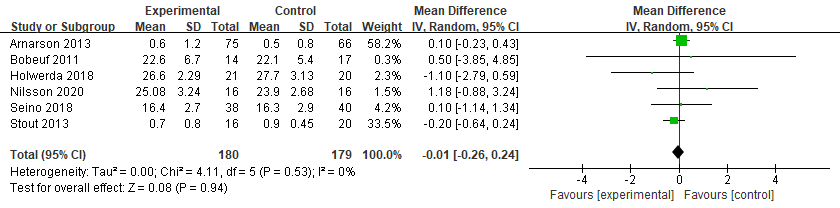
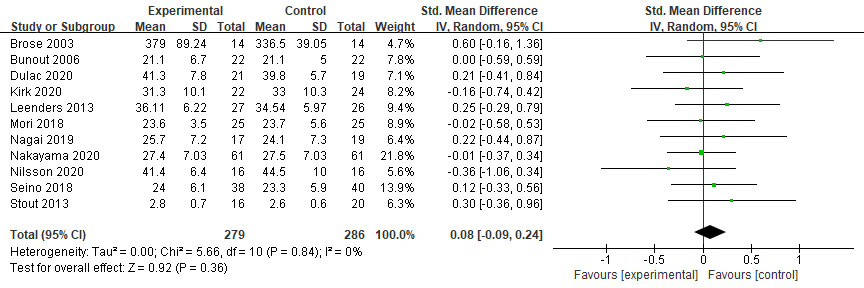
1. Lean body mass



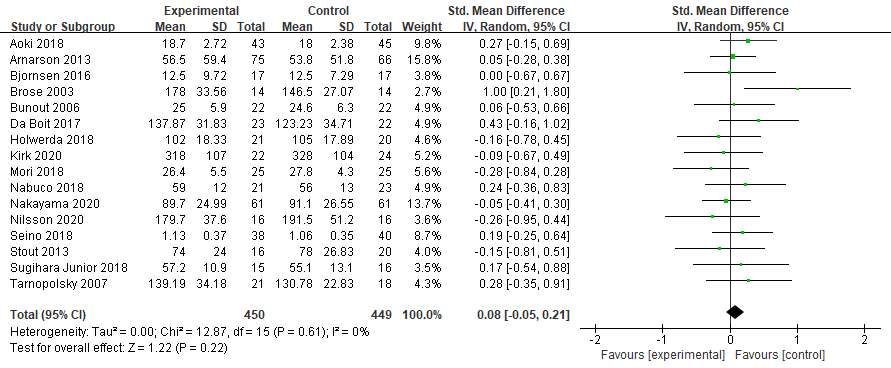
1. Appendicular skeletal muscle mass



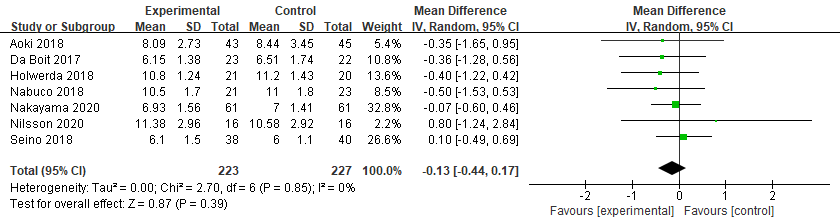
1. Hand grip strength



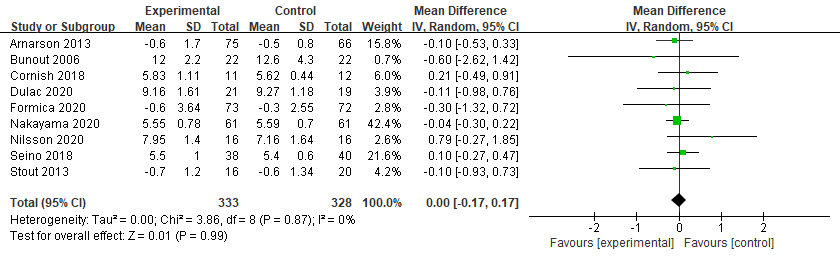
1. Knee extension strength



1. Chair stand test



1. Timed up and go



**Figure 3 Effect of resistance training and nutritional intervention on muscle mass, strength, and physical functional performance**