

**Table 1)** Statistical Mean Scores of Demographic Characteristics of the Participants in Each Group

|  | Zyzyphus Jujuba + Intensive Resistance Exercises Group | Intensive Resistance Exercises Group | P Value |
|--|--|--------------------------------------|---------|
| <b>Age (year)</b>                                      | 23.82±0.56   | 24.43±0.87                           | 1.00    |
| <b>Height (cm)</b>                                     | 162.34±4.20  | 162.52±5.03                          | 0.45    |
| <b>Weight (Kg)</b>                                     | 54.20±7.13   | 56.10±8.45                           | 0.51    |
| <b>Body Mass Index (kg/m<sup>2</sup>)</b>              | 20.66±3.18   | 21.41±2.14                           | 0.32    |
| <b>Muscle Strength (90% of one maximum repetition)</b> | 29.15±1.94   | 31.92±2.25                           | 0.58    |

**Table 2)** ANOVA Test Results of Comparison between the Mean Activities of Antioxidant Enzymes of the Participants

| Groups  | Before Zyzyphus Jujuba Consumption | After Zyzyphus Jujuba Consumption | After Resistance Exercises | Intra-group P Value | Inter-group P Value |
|---|------------------------------------|-----------------------------------|----------------------------|---------------------|---------------------|
| <b>Glutathione Peroxidase Enzyme (<math>\mu\text{M/l}</math>)</b> |                                    |                                   |                            |                     |                     |
| Zyzyphus Jujuba + Intensive Resistance Exercises Group            | 132.61 $\pm$ 20.78                 | 208.87 $\pm$ 46.51                | 151.98 $\pm$ 42.35         | 0.006               | 0.71                |
| Intensive Resistance Exercises Group                              | 168.00 $\pm$ 27.79                 | 161.69 $\pm$ 59.49                | 145.59 $\pm$ 59.64         |                     |                     |
| <b>Superoxide Dismutase Enzyme (<math>\mu\text{M/ l}</math>)</b>  |                                    |                                   |                            |                     |                     |
| Zyzyphus Jujuba + Intensive Resistance Exercises Group            | 11.05 $\pm$ 1.13                   | 11.75 $\pm$ 1.07                  | 9.61 $\pm$ 1.99            | 0.001               | 0.82                |
| Intensive Resistance Exercises Group                              | 10.90 $\pm$ 1.15                   | 11.29 $\pm$ 0.95                  | 10.51 $\pm$ 1.15           |                     |                     |

**Table 3)** LSD Test Results of Paired Comparison between GPX and SOD Indices in Different Measurement Phases in Two Groups

| Measurement Steps   | The Mean of the Differences | P Value |
|---|-----------------------------|---------|
| <b>Glutathione Peroxidase Enzyme (<math>\mu\text{M/l}</math>)</b> |                             |         |
| <b>Zyzyphus Jujuba + Intensive Resistance Exercises Group</b>     |                             |         |
| First Phase-Second Phase  | -76.60 $\pm$ 15.07          | 0.001   |
| Second Phase-Third Phase  | 56.89 $\pm$ 19.29           | 0.01    |
| <b>Intensive Resistance Exercises Group</b>                       |                             |         |
| First Phase-Second Phase  | -22.12 $\pm$ 6.30           | 0.78    |
| Second Phase-Third Phase  | 16.10 $\pm$ 5.57            | 0.02    |
| <b>Superoxide Dismutase Enzyme (<math>\mu\text{M/l}</math>)</b>   |                             |         |
| <b>Zyzyphus Jujuba + Intensive Resistance Exercises Group</b>     |                             |         |
| First Phase-Second Phase  | -0.70 $\pm$ 0.50            | 0.19    |
| Second Phase-Third Phase  | 2.14 $\pm$ 0.52             | 0.003   |
| <b>Intensive Resistance Exercises Group</b>                       |                             |         |
| First Phase-Second Phase  | -0.50 $\pm$ 0.38            | 0.46    |
| Second Phase-Third Phase  | 0.78 $\pm$ 0.30             | 0.03    |