

Table 1) Mean of anthropometric variables in the studied groups (each group was 10)

Variables	Multivariate Resistance Training	Single Resistance Training	Control Group
Weight (kg)			
Pretest	64.3±6.9	72.0±4.4	70.0±8.1
Posttest	64.4±6.7	72.5±4.4	69.8±8.3
Body Mass Index (Kg/m²)			
Pretest	22.7±1.8	23.8±1.5	23.4±2.4
Posttest	22.8±1.8	23.8±1.7	23.4±2.5
Body Fat Percentage			
Pretest	12.9±1.1	13.6±2.2	14.3±2.2

Table 2) Comparison of the mean of fibrinogen, PT and PTT in the pretest and posttest phases of the studied groups (n=10 in each group)

Variables	Multivariate Resistance Training	Single Resistance Training	Control Group
Fib (mg/dl)			
Pretest	184.40±13.23	184.80±17.26	190.30±13.08
Posttest	170.00±11.03	179.80±17.91	188.80±12.93
PT(Second)			
Pretest	12.28±0.60	12.36±0.73	12.65±0.67
Posttest	12.84±0.41	12.31±0.67	12.77±0.59
PTT (Second)			
Pretest	36.63±1.60	37.50±1.61	38.32±1.50
Posttest	37.12±1.71	38.88±1.81	38.39±1.58

Table 3) Difference between fibrinogen, PT, and PTT in pretest and posttest stages

Variables	Mean Difference	T Value	Significance Level
Fib (mg/dl)	6.96±8.91	4.42	0.0001
PT(second)	0.21±1.04	2.07	0.047
PTT(Second)	0.31±1.04	-1.64	0.111