

Table 1) Results of ANOVA test and post hoc test related to the mean of intra-group and inter-group overweight men

Variable	Groups	Pretest	Posttest	Percentage of Intragroup Changes	Intragroup Difference	Intergroup Difference
Leptin (nanogram/ml)	Resistance-Sauna	12.34±1.21	11.65±0.82	%5.9	*0.035	α=0.125
	Interval	11.94±1.35	10.42±1.23	%9.6	*0.004	
	Aerobic-Sauna	12.05±1.06	11.24±0.76	%9.1	*0.009	
	Continuous Aerobic-Sauna					
Body Mass (kg)	Resistance-Sauna	70.29±6.10	67.97±5.88	%3.4	*0.025	α=0.145
	Interval	72.00±4.56	68.88±4.88	%4.5	*0.000	
	Aerobic-Sauna	69.00±4.56	66.08±4.67	%4.4	*0.002	
	Continuous Aerobic-Sauna					
Body Fat Percentage	Resistance-Sauna	9.80±0.57	9.25±0.58	%5.9	*0.012	α=0.120
	Interval	10.25±1.10	9.61±1.18	%6.7	*0.000	
	Aerobic-Sauna	9.98±1.39	9.29±1.39	%7.4	*0.000	
	Continuous Aerobic-Sauna					
Low Density Lipoprotein (mg/dl)	Resistance-Sauna	86.55±16.44	80.77±11.25	%7.2	*0.008	α=0.175
	Interval	85.77±16.22	80.78±11.09	%6.2	*0.001	
	Aerobic-Sauna	84.44±16.02	80.65±10.01	%4.7	*0.004	
	Continuous Aerobic-Sauna					
High Density Lipoprotein (mg/dl)	Resistance-Sauna	47.22±12.28	54.43±10.38	%13.2	*0.014	α=0.165
	Interval	46.11±11.82	52.56±10.41	%12.3	*0.000	
	Aerobic-Sauna	45.88±9.56	50.55±8.23	%9.2	*0.000	
	Continuous Aerobic-Sauna					
Lipoprotein a (mg/dl)	Resistance-Sauna	18.22±15.33	18.01±14.87	%1.2	*0.024	α=0.150
	Interval	17.90±14.45	17.22±13.11	%3.9	*0.010	
	Aerobic-Sauna	17.55±14.55	17.12±13.20	%2.5	*0.014	
	Continuous Aerobic-Sauna					
Triglyceride (mg/dl)	Resistance-Sauna	140.70±14.19	127.00±13.25	%10.8	*0.008	=0.114 α
	Interval	136.69±13.77	124.00±12.28	%10.5	*0.002	
	Aerobic-Sauna	135.22±13.55	126.00±12.11	%7.3	*0.004	
	Continuous Aerobic-Sauna					
Cholesterol (mg/dl)	Resistance-Sauna	175.30±28.01	166.00±24.11	%5.6	*0.022	=0.102 α
	Interval	178.12±29.22	167.00±25.09	%6.7	*0.004	
	Aerobic-Sauna	169.33±27.22	160.00±23.24	%5.8	*0.007	
	Continuous Aerobic-Sauna					

*intragroup significant difference-#intergroup significant difference in the level (p≤0.05)