

SUPPLEMENTARY DIGITAL MATERIAL 2

Supplementary Table II.—Baseline global demographics and standard LV 2D echo parameters in RTR and HC trained at least 150 min/week of mixed exercise.

Subject s	T0			T6			T12		
	RTR	HC	P	RTR	HC	P	RTR	HC	p
Age	49.6±11.5	48.1±6.9	Ns	48.72±12.42	49.5±7.7	Ns	48.76±12.41	49.41±7.44	Ns
Weight	70.21±15.26	73.41±11.83	Ns	70.06±14.61	71.5±11.98	Ns	70.19±15.27	70.64±11.72	Ns
Height	168.55±1.72	175.32±8.70	Ns	168.69±1.75	175.32±8.70	Ns	168.69±1.75	175.32±8.70	Ns
BMI	24.57±3.81	23.14±2.21	Ns	24.47±3.50	23.32±2.31	Ns	24.48±3.55	23.04±2.06	Ns
HR	72.31±12.1	68.59±7.5	Ns	72±10.4	65.36±6.7	Ns	71±9.1	65.8±5.4	Ns
SBP	125.71±1.087*	128.75±1.993*	0.03	126.43±1.206*	123.75±1.146*	0.0	129.05±1.454*	120.75±1.398*	0.01
DBP	80.48±8.35*	80.75±9.21*	0.05	80.48±7.23*	78.25±12.28*	0.0	83.81±6.5*	78.25±10.04*	0.00
EF	60.13±5.3	57.74±3.2*§	0.00	61.57±6.7	59.3±1.9	Ns	64.38±6.0	60.36±4.2*§	0.00
Aortic Root	32.38±3.26	32.23±3.49	Ns	31.44±3.24	32.36±2.80	Ns	32.14±3.38	32.36±2.70	Ns
LA	37.41±3.83	35.18±3.66	Ns	37±4.07	35.55±3.74	Ns	38.21±4.11	35.41±3.83	Ns
IVS	9.68±0.7	8.72±0.7	Ns	9.71±0.6	8.84±0.8	Ns	9.69±0.5	8.92±0.6	Ns
PW	9.22±0.7	8.654±0.82	Ns	9.34±0.6	8.67±0.8	Ns	9.40±0.6	8.73±0.6	Ns
LVED D	48.38±3.12	48.09±4.74	Ns	48.82±2.82	48.41±4.39	Ns	49.38±3.52	48.73±3.51	Ns

LVES	29.38±3.	28.68±4.	Ns	28.64±4.	29.14±3.	Ns	28.97±3.	29.5±2.9	Ns
D	13	26		12	56		85	7	
CMI	106.25±1	89.65±18	Ns	108.14±1	90.51±20	Ns	112.39±1	92.12±17	Ns
	8.16	.30		1.32	.54		3.58	.72	
S/R	0.40±0.0	0.35±0.0	Ns	0.37±0.0	0.35±0.0	Ns	0.38±0.0	0.35±0.0	Ns
	9	3		2	3		3	3	
E	75.83±17	74.18±14	Ns	73.11±18	70.59±13	Ns	74.52±17	72.91±18	Ns
	.33	.98		.52	.96		.09	.37	
A	67.35±18	48.09±14	Ns	67.3±16.	50±12.97	Ns	69.86±14	55±15.64	Ns
	.71	.55		61			.54		
E/A	1.12±0.3	1.66±0.5	Ns	1.18±0.5	1.49±0.5	Ns	1.08±0.2	1.44±0.5	Ns
	4	5		1	2		3	2	
IVRT	78.03±14	75.73±15	Ns	79.3±9.9	79.5±17.	Ns	75.93±11	76.59±13	Ns
	.73	.07		0	71		.11	.79	
DT	195.05±3	182.98±3	Ns	190.95±4	187.37±2	Ns	196.82±3	184.43±3	Ns
	6.30	4.54		0.61	5.98		6.96	1.58	
E1	9.43±3.4	10.5±1.9	Ns	10.08±2.	10.36±2.	Ns	10.34±2.	10.82±2.	Ns
	6	2		74	01		84	24	
A1	9.9±2.18	10.68±2.	Ns	10.12±2.	10.18±2.	Ns	10.24±3.	10.91±3.	Ns
		42		60	72		11	24	
S	7.83±1.2	7.73±1.5	0.01	7.73±1.8	8.45±2.2	0.0	9.48±2.9	8.45±2.7	0.00
	8*#	2*	1	2*#	2*	09	0*#	0*	8
MAPS	19±2.87	20.95±1.	Ns	18.4±3.3	20.36±1.	Ns	19.38±2.	20.86±2.	Ns
E		73		4	94		82	23	
E/E1	8.18±2.6	6.99±1.6	Ns	7.52±2.1	6.71±2.0	Ns	7.59±2.4	6.62±2.7	Ns
	1	8		9	3		3	3	
LVGL	-	-	0.07	-	-	0.0	-	-	<0.
S	18.02±3.	18.95±19		20.34±3.	18.84±1.	08	20.54±3.	21.57±2.	001
	3*§	*§		1*§	8*§		8*§	1*§	
LVMed	-	-	<0.	-	-	0.0	-	-	0.07
GLS	18.56±3.	19.09±2.	001	20.21±3.	18.37±1.	01	20.48±2.	20.92±1.	
	79*§#	01*§°		05*§#	31*§°		95*§#	84°	

Legend: RTR: Renal Transplant Recipients; HC: Healthy Control; BMI: Body Mass Index; HR: Heart rate; EF: ejection Fraction; LA: Left atrial diameter; IVS: interventricular septum; PW:

Posterior Wall; LVEDD: Left Ventricle End Diastolic Diameter; LVESD: Left Ventricle End Systolic Diameter; CMI: cardiac Mass Index; MAPSE: Mitral Annular Plane Excursion; RWT: Relative Wall Thickness; E/A: E wave; A wave. HR: Heart Rate; SBP: Systolic Blood Pressure; LV GLS: Left Ventricle Global Longitudinal Strain; LV Med GLS: Left Ventricle Medium Global Longitudinal Strain; EF: Ejection Fraction. Data are expressed as Mean±SD. \*: significance between subject factors; §: significance within subject factors; #: significance within RTR group; °: significance within HC group