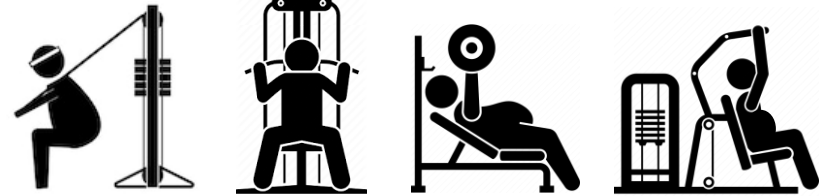


CONCURRENT TRAINING

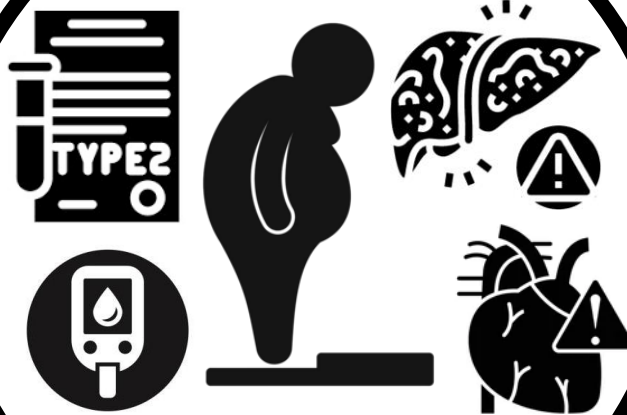


Aerobic Training



Resistance Training

20 studies
(N = 1,289)



Patients with T2DM and overweight/obesity

Age: 57.0 ± 7.0 years

BMI: 31.1 ± 4.6 kg/m²

VS



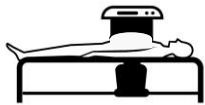
Standard Treatment Without Exercise

Body Composition
Muscular Fitness



BM: $\leftrightarrow$
WHR: $\leftrightarrow$

BF: $\downarrow$
FM: $\leftrightarrow$
LBM: $\leftrightarrow$



STS: $\uparrow$



Glycolipid Metabolism
Cardiorespiratory Fitness



FBG: $\downarrow$



TC: $\downarrow$
HDL: $\uparrow$
LDL: $\downarrow$
TG: $\downarrow$



6MWT: $\uparrow$