

- **Baseline characteristics of participants**

All participants were females, age= 31.19 ± 6.08 years; body weight= 90.28 ± 11.86 kg, BMI= 33.47 ± 3.35 kg/m², Resting heart rate= 83.59 bpm, 6-min walk test= 466.88 m), were randomly allocated to either Melatonin-Concurrent training (CT) (n=12), Placebo-CT (n=12), or Control without CT (n=8) group.