**Supplementary Table S2: Leukocytes count before and after exercise following WBC or PAS.**

|  |  |
| --- | --- |
| PARAMETERS(numbers/mm³) | Median and the value of the lower and the upper quartile (Q25-Q75) |
| Pre | Post | Post 1h | Post 24h | Post 48h | Post 72h | Post 96h |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Leukocytes | WBC $ | 5000 | 6600 | 8000 \* | 5500 | 5200 | 5300 | 5200 |
| (4725 | - | 6100) | (6200 | - | 7550) | (7600 | - | 9200) | (5100 | - | 6100) | (4600 | - | 6100) | (4600 | - | 5850) | (4450 | - | 6400) |
| PAS $ | 5600 | 6800 | 7800 \* | 5200 | 5300 | 5200 | 5700 |
| (4400 | - | 6000) | (5600 | - | 9100) | (6000 | - | 9200) | (4900 | - | 6000) | (4600 | - | 5700) | (4800 | - | 6300) | (5100 | - | 6700) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Neutrophils | WBC | 2988 | 4548 | 6680 \* | 2996 | 2896 | 2754 | 2932 |
| (2813 | - | 3325) | (4124 | - | 5223) | (5691 | - | 7268) | (2739 | - | 3588) | (2538 | - | 3261) | (2652 | - | 4071) | (2370 | - | 3889) |
| PAS | 2979 | 4680 | 5670 \* | 2790 | 2907 | 3024 | 3364 |
| (2296 | - | 3248) | (3976 | - | 5460) | (4440 | - | 7068) | (2244 | - | 3240) | (2350 | - | 3132) | (2704 | - | 3654) | (2907 | - | 3894) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lymphocytes | WBC $ | 1632 | 1392 | 1232 | 1848 | 1608 | 1617 | 1656 |
| (1374 | - | 1984) | (1225 | - | 1735) | (1036 | - | 1545) | (1624 | - | 2107) | (1415 | - | 1998) | (1380 | - | 1980) | (1392 | - | 1836) |
| PAS $ | 1806 | 1536 | 1326 | 1850 | 1800 | 1800 | 1710 |
| (1488 | - | 1976) | (1428 | - | 1863) | (1104 | - | 1440) | (1560 | - | 1974) | (1242 | - | 1880) | (1488 | - | 2080) | (1593 | - | 1856) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Monocytes | WBC | 346 | 348 | 468 | 384 | 384 | 384 | 364 |
| (313 | - | 384) | (300 | - | 377) | (358 | - | 507) | (329 | - | 488) | (322 | - | 419) | (309 | - | 477) | (327 | - | 420) |
| PAS | 404 | 357 | 460 | 378 | 354 | 364 | 364 |
| (334 | - | 550) | (315 | - | 495) | (420 | - | 496) | (324 | - | 490) | (322 | - | 424) | (315 | - | 441) | (330 | - | 464) |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

$, represent a significant (p<0.05) time effect; \*, represent a significant (p<0.05) difference from Pre;. All significant results were not pointed except from Pre to avoid overloading the table. WBC, whole body cryotherapy; PAS, passive rest recovery.