

Variable	Explanation	Comment
Codenr	code in the project	CON=0; FMS=1
Group	CON or FMS	
Particip	Frequency of participation	
age	Age in Years	
Height	m	
weight	kg	
BMI	kg/m*m	
BP_diastolic	Blood pressure diastolic	
BP_systolic	Blood pressure systolic	
PPT_before	PPT before the 15 week intervention (mean of 8 sites)	
PPT_After	PPT after the 15 week intervention (mean of 8 sites)	
nos_tenderpoints	Nos. tenderpoints	
FMS_duration	pain duration (years)	
HADS_D	HADS depression	
HADS_A	HADS anxiety	
SF36PCS	SF36 physical summary component	
SF36MCS	SF36 mental summary component	
Elbow_flexion_right_before	Elbow flexion strength right before the 15 week intervention	
Elbow_flexion_left_before	Elbow flexion strength left before the 15 week intervention	
Elbow_flexion_right_after	Elbow flexion strength right after the 15 week intervention	
Elbow_flexion_left_after	Elbow flexion strength left after the 15 week intervention	
Knee_extension_right_before	Knee extension strength right before the 15 week intervention	
Knee_extension_left_before	Knee extension strength left before the 15 week intervention	
Knee_extension_right_after	Knee extension strength right after the 15 week intervention	
Knee_extension_left_after	Knee extension strength left after the 15 week intervention	
WT_6min_before	6 min walk test before the 15 week intervention	
WT_6min_after	6 min walk test after the 15 week intervention	
VASmean_before	Pain intensity (mean) before the 15 week intervention	
VASmean_after	Pain intensity (mean) after the 15 week intervention	
Glucose_Mean_Before	Glucose concentration (mean) before the 15 week intervention	
Glucose_Mean_After	Glucose concentration (mean) after the 15 week intervention	
Lactate_Mean_before	Lactate concentration (mean) before the 15 week intervention	

Lactate_Mean_after	Lactate concentration (mean) after the 15 week intervention
Pyruvate_Mean_Before	Pyruvate concentration (mean) before the 15 week intervention
Pyruvate_Mean_After	Pyruvate concentration (mean) after the 15 week intervention
Glycerol_Mean_Before	Glycerol concentration (mean) before the 15 week intervention
Glycerol_Mean_After	Glycerol concentration (mean) after the 15 week intervention
Glutamate_Mean_Before	Glutamate concentration (mean) before the 15 week intervention
Glutamate_Mean_After	Glutamate concentration (mean) after the 15 week intervention
BF_before_mean	Blood flow (mean) before the 15 week intervention
BF_after_mean	Blood flow (mean) after the 15 week intervention