1

Supplement Table A   Resting on Bicycle

Group	ExDex (N=7)									Interaction
Condition	Pre		Post			%			P value	P Value
VO2 rest, L/min	0.35	± 0.02	0.40	±	0.01	14.2	±	4.7	0.017*	0.107
VO2 rest, ml/kg/min	4.7	± 0.3	5.5	±	0.3	16.8	±	4.5	0.008*	0.047*
A-V DO2 rest, ml/dl	6.4	± 1.0	8.0	±	0.9	28.4	±	7.4	0.007*	0.002*
Qc rest, L/min	6.2	± 0.7	5.5	±	0.7	-8.3	±	7.1	0.144	0.285
Qci rest, L/min/m^2	3.2	± 0.5	2.9	±	0.5	-8.3	±	7.1	0.145	0.285
HR rest, bpm	91	± 4	109	±	7	18.8	±	4.5	0.005*	0.942
SV rest, ml/beat	65	± 8	50	±	8	-23.9	±	5.2	0.008*	0.426
SVi rest, ml/beat/m^2	33	± 5	26	±	5	-23.9	±	5.2	0.008*	0.426
Group	ExNoVol (N=7)									
Condition	Pre		Post			%			P value	
VO2 rest, L/min	0.36	± 0.03	0.42	±	0.03	17.5	±	5.6	0.036*	
VO2 rest, ml/kg/min	4.5	± 0.2	5.4	±	0.4	20.4	±	5.1	0.007*	
A-V DO2 rest, ml/dl	6.1	± 0.3	8.3	±	0.2	39.3	±	8.6†	0.002*	
Qc rest, L/min	5.9	± 0.3	5.0	±	0.4	-16.0	±	3.7	0.003*	
Qci rest, L/min/m^2	3.0	± 0.2	2.5	±	0.2	-16.0	±	3.7	0.011*	
HR rest, bpm	90	± 6	105	±	3	21.9	±	13.6	0.127	
SV rest, ml/beat	71	± 7	47	±	4	-31.1	±	6.1	0.014*	
SVi rest, ml/beat/m^2	35	± 3	23	±	2	-31.1	±	6.1	0.009*	
Group	SedDex (N=7)									
Condition	Pre		Post			%			P value	
VO2 rest, L/min	0.36	± 0.03	0.36	±	0.02	2.1	±	4.9	0.888	
VO2 rest, ml/kg/min	4.2	± 0.7	4.8	±	0.2	3.2	±	4.6	0.658	
A-V DO2 rest, ml/dl	6.4	± 0.8	6.8	±	0.9	7.2	±	4.5	0.098	
Qc rest, L/min	5.9	± 0.4	5.6	±	0.5	-4.5	±	3.5	0.303	
Qci rest, L/min/m^2	3.0	± 0.3	2.9	±	0.3	-4.5	±	3.5	0.345	
HR rest, bpm	100	± 4	124	±	8	22.9	±	5.5	0.007*	
SV rest, ml/beat	59	± 4	47	±	5	-21.0	±	5.3	0.004*	
SVi rest, ml/beat/m^2	30	± 3	24	±	3	-21.0	±	5.3	0.005*	

2 Values are Mean±SE. VO2 rest; resting oxygen uptake, AV DO2 rest; resting arteriovenous
3 oxygen difference, Qc rest; resting cardiac output, Qci rest; Qc rest divided by body surface area,
4 HR rest; resting heart rate, SV rest; resting stroke volume, and Svi rest; SV rest divided by body
5 surface area. Pre vs. post was compared with paired t-tests. % changes were compared with one-
6 way ANOVA with a Turkey post-hoc test for interaction among groups. *: P<0.05 for pre vs.
7 post or interaction, †: P<0.05 vs. SedDex.
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