

Supplement Table B Peak Cycling Exercise

Group	ExDex (N=7)				Interaction
Condition	Pre	Post	%	P value	P Value
VO2 max, L/min	2.85 ± 0.26	2.81 ± 0.20	-0.3 ± 2.9†	0.624	0.014*
VO2 max, ml/kg/min	38.2 ± 4.3	38.6 ± 3.7	2.2 ± 3.0†	0.704	0.006*
A-V DO2 Max, ml/dl	11.5 ± 0.6	14.5 ± 1.5	28.4 ± 13.8	0.092	0.174
Qc max, L/min	23.9 ± 2.3	19.8 ± 2.3	-13.7 ± 11.6	0.233	0.778
Qci max, L/min/m ²	12.1 ± 1.2	10.0 ± 1.3	-13.7 ± 11.6	0.233	0.778
HR max, bpm	178 ± 3	183 ± 3	2.7 ± 1.2	0.065	0.543
SV max, ml/beat	133 ± 11	108 ± 12	-16.3 ± 10.7	0.165	0.872
SVi max, ml/beat/m ²	67 ± 6	55 ± 7	-16.3 ± 10.7	0.167	0.872
Peak Workload, watts	217 ± 15	226 ± 14	5.0 ± 2.6†	0.095	0.036*
Group	ExNoVol (N=7)				
Condition	Pre	Post	%	P value	
VO2 max, L/min	2.96 ± 0.40	2.76 ± 0.30	-4.7 ± 4.6	0.343	
VO2 max, ml/kg/min	35.9 ± 3.2	35.0 ± 2.9	-1.6 ± 4.6†	0.672	
A-V DO2 Max, ml/dl	12.0 ± 0.9	14.2 ± 0.9	20.0 ± 7.4	0.053	
Qc max, L/min	24.7 ± 2.1	19.4 ± 1.8	-21.6 ± 3.4	0.001*	
Qci max, L/min/m ²	12.2 ± 0.8	9.5 ± 0.7	-21.6 ± 3.4	0.001*	
HR max, bpm	184 ± 5	184 ± 5	0.0 ± 2.5	0.949	
SV max, ml/beat	136 ± 10	107 ± 10	-21.1 ± 4.6	0.005*	
SVi max, ml/beat/m ²	67 ± 4	52 ± 4	-21.1 ± 4.6	0.003*	
Peak Workload, watts	214 ± 26	216 ± 22	2.4 ± 6.2	0.928	
Group	SedDex (N=7)				
Condition	Pre	Post	%	P value	
VO2 max, L/min	2.54 ± 0.18	2.03 ± 0.13	-19.1 ± 4.8	0.012*	
VO2 max, ml/kg/min	33.2 ± 1.7	27.3 ± 2.1	-17.9 ± 4.4	0.008*	
A-V DO2 Max, ml/dl	12.8 ± 1.0	12.6 ± 1.3	-0.4 ± 9.9	0.845	
Qc max, L/min	20.3 ± 1.8	16.9 ± 1.5	-14.3 ± 8.9	0.181	
Qci max, L/min/m ²	10.3 ± 0.6	8.6 ± 0.8	-14.3 ± 8.9	0.172	
HR max, bpm	183 ± 3	185 ± 4	1.1 ± 1.0	0.295	
SV max, ml/beat	111 ± 9	91 ± 8	-15.3 ± 8.8	0.148	
SVi max, ml/beat/m ²	56 ± 3	47 ± 4	-15.3 ± 8.8	0.135	
Peak Workload, watts	203 ± 13	174 ± 13	-13.4 ± 5.3	0.073	

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