

**Table 1** SPIRIT study calendar for the experimental group for the first 12 week intervention

Point of time:	Pre-intervention	Baseline	Exercise Intervention				12 Week Analysis
			Time 0	Week 4	Week 8	Week 12	
<b>Enrollment</b>							
Recruitment	X						
Medical history	X						
Inclusion criteria	X						
Randomization			X				
<b>Testing</b>							
Height		X		X	X	X	
Weight		X		X	X	X	
Resting heart rate		X		X	X	X	
Resting blood pressure		X		X	X	X	
Waist circumference		X		X	X	X	
Low-density lipoprotein		X		X	X	X	
High-density lipoprotein		X		X	X	X	
Triglycerides		X		X	X	X	
Blood glucose		X		X	X	X	
Maximal exercise test		X		X	X	X	
Verification test		X		X	X	X	
3-day nutrition recall		X					X
<b>Analysis</b>							
Biological variability			X				
Time course changes							X
Incidence of response							X

**Table 2** SPIRIT study calendar for the control group for the first 12 week intervention

Point of time:	Pre-intervention	Baseline	Time 0	Week 4	Week 8	Week 12	12 Week Analysis
Recruitment	X						
Medical history	X						
Inclusion criteria	X						
<b>Testing</b>							
Height		X		X	X	X	
Weight		X		X	X	X	
Resting heart rate		X		X	X	X	
Resting blood pressure		X		X	X	X	
Waist circumference		X		X	X	X	
Low-density lipoprotein		X		X	X	X	
High-density lipoprotein		X		X	X	X	
Triglycerides		X		X	X	X	
Blood glucose		X		X	X	X	
Maximal exercise test		X		X	X	X	
Verification test		X		X	X	X	
3-day dietary recall		X					X
IPAQ		X		X	X	X	
<b>Analysis</b>							
12 week changes							X

**Table 3** SPIRIT study calendar (second 12 weeks) for VO<sub>2</sub>max non-responders after the first 12 week intervention

Point of time:	Pre-intervention	Baseline	Exercise Intervention				12 Week Analysis
			Time 0	Week 4	Week 8	Week 12	
<b>Pre-Intervention</b>							
Switch of experimental group	X						
<b>Testing</b>							
Height		X		X	X	X	
Weight		X		X	X	X	
Resting heart rate		X		X	X	X	
Resting blood pressure		X		X	X	X	
Waist circumference		X		X	X	X	
Low-density lipoprotein		X					
High-density lipoprotein		X					
Triglycerides		X					
Blood glucose		X					
Maximal exercise test		X		X	X	X	
Verification test		X		X	X	X	
3-day nutrition recall		X					X
<b>Analysis</b>							
Incidence of response							X