

S4 Table. Heart rates in *Fight Gone Bad* test.

	SB_{pre}	SB_{post}	PLA_{pre}	PLA_{post}
Round 1 (bpm)	172 ± 11	166 ± 10	167 ± 11	168 ± 12
Break 1 (bpm)	163 ± 11	156 ± 11	161 ± 10	159 ± 11
Round 2 (bpm)	173 ± 9	171 ± 10	171 ± 9	171 ± 10
Break 2 (bpm)	166 ± 11	163 ± 10	165 ± 10	165 ± 9
Round 3 (bpm)	174 ± 9	172 ± 8	171 ± 6	173 ± 9
Break 3 (bpm)	167 ± 12	166 ± 8	166 ± 8	165 ± 16
<i>All 3 rounds (bpm)</i>	172 ± 9	169 ± 10	169 ± 9	169 ± 10

Data are mean of average HR ± SD. HR, heart rate; SB, sodium bicarbonate; PLA, placebo.