

Supplementary table 2. The detailed statistics (degree of freedom, mean square, F-value, significance and partial eta square) in aerobic performance test before and after the SD.

| Variable | df | Mean Square | F | Significance | Partial eta squared |
|---|-----------|--------------------|----------|---------------------|----------------------------|
| HR (b/min) | 1.0 | 4929.3 | 18.1 | 0.002 | 0.669 |
| VO₂ (ml·kg ⁻¹ ·min ⁻¹) | 1.0 | 225.9 | 14.7 | 0.004 | 0.621 |
| VE (L/min) | 1.0 | 1835.7 | 8.6 | 0.016 | 0.49 |
| RER | 1.0 | 0.104 | 1.8 | 0.213 | 0.166 |
| LA (mmol/L) | 1.0 | 44.2 | 8.0 | 0.022 | 0.501 |
