

**Table 1:** Cardiorespiratory parameters pre and post training for the patient, which followed the CON and ECC protocol, respectively.

	VO2peak [mL*min <sup>-1</sup> ]	VO2peak [mL*min <sup>-1</sup> *min <sup>-1</sup> ]	Ppeak [W]	HRpeak [min <sup>-1</sup> ]	Sys BPpeak [mmHg]	Dia BPpeak [mmHg]	BLpeak [mM]
CON pre	1.94	20.89	150.00	111.00	179.00	89.00	8.22
CON post	2.42	26.03	180.00	142.00	214.00	100.00	10.17
ECC pre	3.16	29.06	250.00	139.00	216.00	96.00	10.83
ECC post	2.94	27.22	250.00	136.00	225.00	81.00	9.87