

Supplementary Table 1. Protocol description of High-Intensity Interval Training (HIIT).

Weeks	Warm up / Cool Down (min)	Exercise Intensity (%LT)	Number of Bouts	Bout duration (sec)	Active Rest (8m/min) (sec)	Total Volume per session (min)
1	5 / 5	75	10	120	60	40
2	5 / 5	80	10	120	60	40
3	5 / 5	85	10	120	60	40
4	5 / 5	90	10	120	60	40