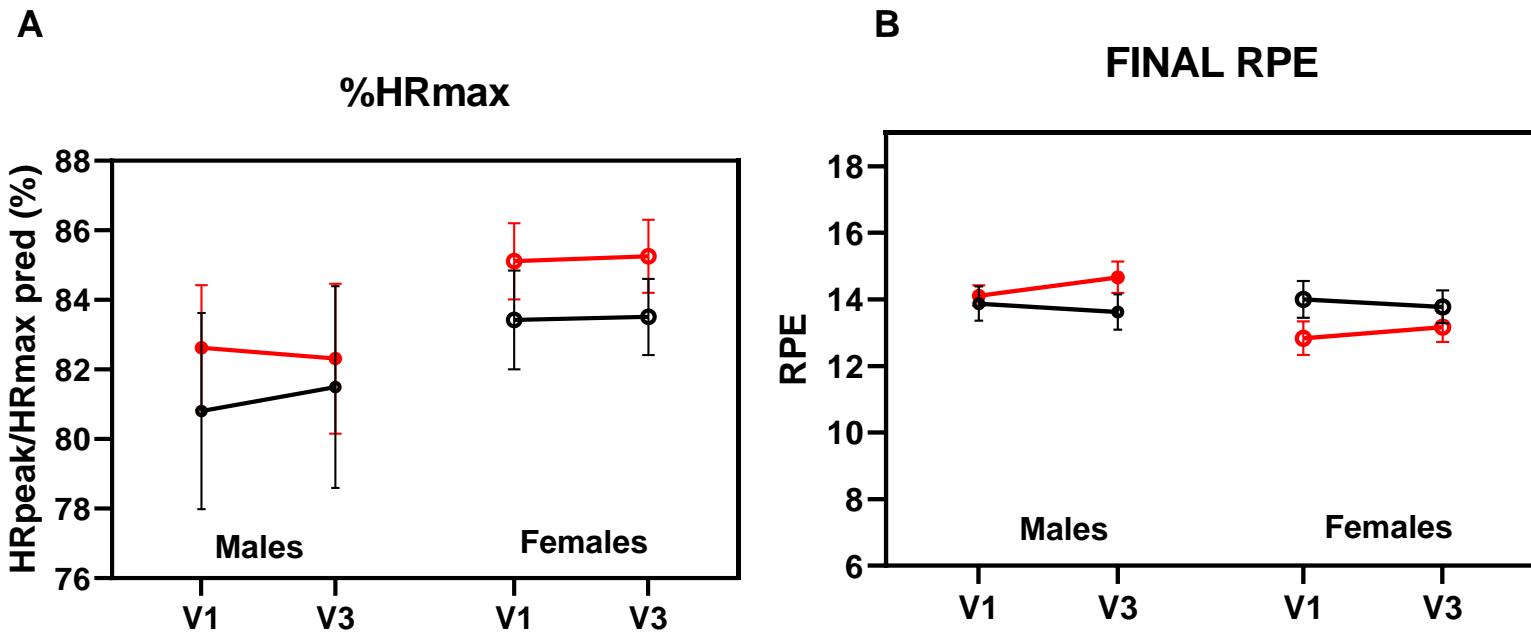


Figure S1



HRmax equation for age > 40yrs =  $208 - (0.7 * \text{age})$

Figure S2

