

The Effects and post-exercise energy metabolism Characteristics of Different High-Intensity Interval Training in Obese Adults

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Supplementary Table S1 HIIT load intensity overview

Group	WB-HIIT (n=12)	JR-HIIT (n=12)
Expected load intensity	> 80% HRmax	
Intensity/Interval time (s)	30/30	
Group number	16	
Intergroup rest (s)	60	
Duration(min)	16	
Work intensity (bpm/min)	164.45±10.22	165.55±12.94
Repetitions in the group	30-s all out effort	1-4 week 100 jumps/min
		5-6 week 110 jumps/min
		7-8 week 120 jumps/min