

Additional file 2

|                                                                                  | MICT-group        | p-value within group | HIIT/MICT-group   | p-value within group | Between group differences (95%CI) | p-value between group |
|----------------------------------------------------------------------------------|-------------------|----------------------|-------------------|----------------------|-----------------------------------|-----------------------|
| <b>Maximal cardiorespiratory fitness (VO<sub>2max</sub>, L*min<sup>-1</sup>)</b> |                   |                      |                   |                      |                                   |                       |
| <i>Intention-to-treat analysis</i>                                               | (n=34)            |                      | (n=37)            |                      |                                   |                       |
| Baseline                                                                         | 3.18 (2.92, 3.44) | -                    | 3.07 (2.85, 3.29) | -                    | -                                 | -                     |
| 24-week                                                                          | 3.45 (3.20, 3.71) | -                    | 3.40 (3.13, 3.67) | -                    | 0.07 (-0.28, 0.44)                | 0.681                 |
| Change from baseline to 24-week                                                  | 0.27 (0.20, 0.34) | <0.001               | 0.32 (0.18, 0.47) | <0.001               | -0.03 (-0.11, 0.18)               | 0.644                 |
| Percent change                                                                   | 9.4               | -                    | 9.7               | -                    | -                                 | -                     |
|                                                                                  |                   |                      |                   |                      |                                   |                       |
| <b>Body mass index (kg*m<sup>-2</sup>)</b>                                       |                   |                      |                   |                      |                                   |                       |
| <i>Intention-to-treat analysis</i>                                               | (n=34)            |                      | (n=37)            |                      |                                   |                       |
| Baseline                                                                         | 42.8 (40.9, 44.6) | -                    | 41.1 (39.4, 42.9) | -                    | -                                 | -                     |
| 24-week                                                                          | 42.4 (40.4, 44.4) | -                    | 39.8 (37.9, 41.7) | -                    | 2.6 (-0.2, 5.4)                   | 0.063                 |
| Change from baseline to 24-week                                                  | -0.4 (-0.9, 0.2)  | 0.181                | -1.4 (-2.0, -0.7) | <0.001               | 0.9 (-1.8, -0.1)                  | 0.025                 |
| Percent change                                                                   | 0.9               | -                    | 3.2               | -                    | -                                 | -                     |
|                                                                                  |                   |                      |                   |                      |                                   |                       |
| <b>Body weight (kg)</b>                                                          |                   |                      |                   |                      |                                   |                       |
| <i>Intention-to-treat analysis</i>                                               | (n=34)            |                      | (n=37)            |                      |                                   |                       |
| Baseline                                                                         | 127 (119.7, 135)  | -                    | 120 (113, 127)    | -                    | -                                 | -                     |
| 24-week                                                                          | 126 (118, 134)    | -                    | 116 (108, 124)    | -                    | 10.0 (-1.0, 21.0)                 | 0.074                 |
| Change from baseline to 24-week                                                  | -1.3 (-2.9, 0.5)  | 0.169                | -3.8 (-5.5, -1.8) | <0.001               | 2.5 (-4.9, -0.1)                  | 0.046                 |
| Percent change                                                                   | 1.0               | -                    | 3.2               | -                    | -                                 | -                     |
|                                                                                  |                   |                      |                   |                      |                                   |                       |
| <b>Waist circumference (cm)</b>                                                  |                   |                      |                   |                      |                                   |                       |
| <i>Intention-to-treat analysis</i>                                               | (n=34)            |                      | (n=37)            |                      |                                   |                       |
| Baseline                                                                         | 123 (118, 127)    | -                    | 119 (115, 123)    | -                    | -                                 | -                     |
| 24-week                                                                          | 118 (113, 123)    | -                    | 113 (108, 118)    | -                    | 4.6 (-2.1, 11.4)                  | 0.177                 |
| Change from baseline to 24-week                                                  | -4.9 (-6.4, -3.3) | <0.001               | -6.0 (-7.7, -4.2) | <0.001               | 1.1 (-3.2, 1.0)                   | 0.299                 |
| Percent change                                                                   | 4.0               | -                    | 5.0               | -                    | -                                 | -                     |
|                                                                                  |                   |                      |                   |                      |                                   |                       |
| <b>Fat-free Mass (kg)</b>                                                        |                   |                      |                   |                      |                                   |                       |
| <i>Intention-to-treat analysis</i>                                               | (n=34)            |                      | (n=37)            |                      |                                   |                       |
| Baseline                                                                         | 70.1 (64.6, 75.6) | -                    | 68.0 (62.7, 73.3) | -                    | -                                 | -                     |
| 24-week                                                                          | 70.2 (64.8, 75.7) | -                    | 67.0 (61.8, 72.2) | -                    | 3.2 (-4.3, 10.8)                  | 0.397                 |
| Change from baseline to 24-week                                                  | 0.1 (-1.0, 1.3)   | 0.387                | -1.0 (-1.6, -0.2) | 0.019                | 0.9 (-2.5, 0.2)                   | 0.095                 |
| Percent change                                                                   | 0.1               | -                    | 1.5               | -                    | -                                 | -                     |