

Supplementary file 3

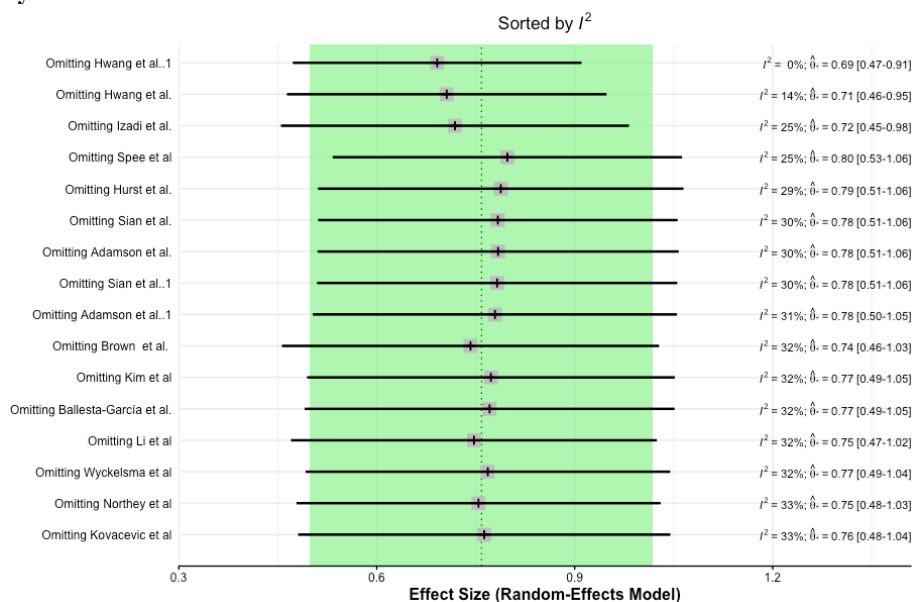


Fig. S1 Sensitivity test (cardiovascular fitness: HIIT vs non-exercise condition)

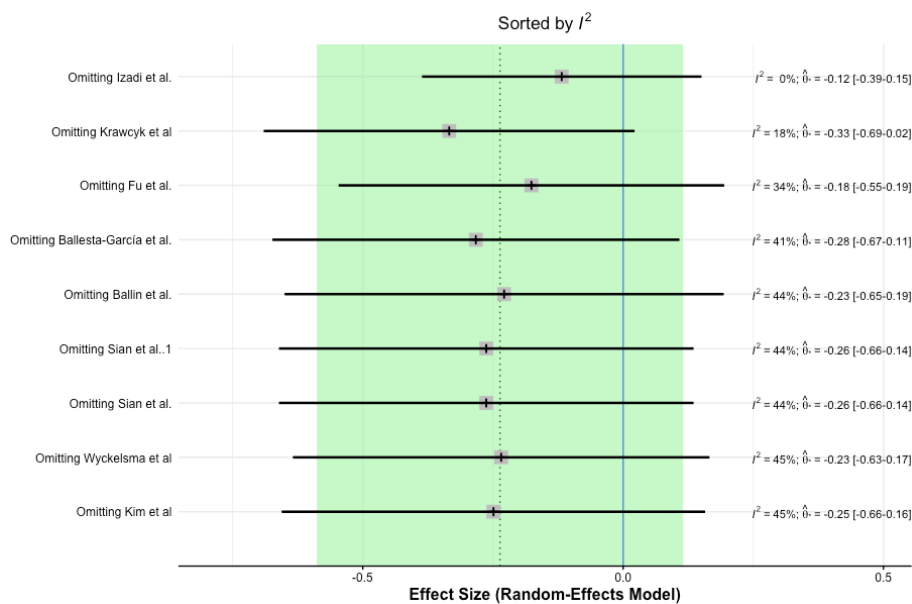


Fig. S2 Sensitivity test (diastolic blood pressure: HIIT vs non-exercise condition)

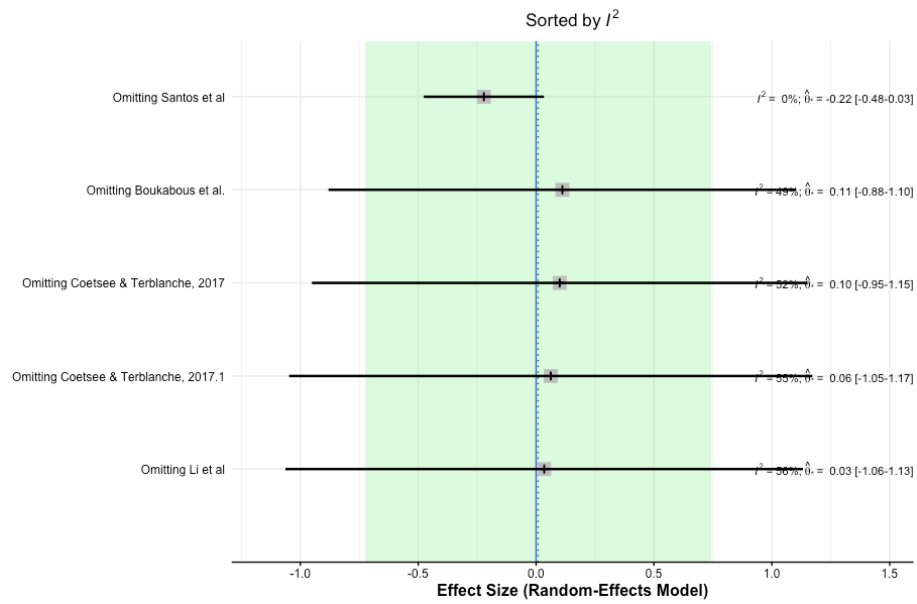


Fig. S3 Sensitivity test (balance: HIIT vs other-exercise condition)

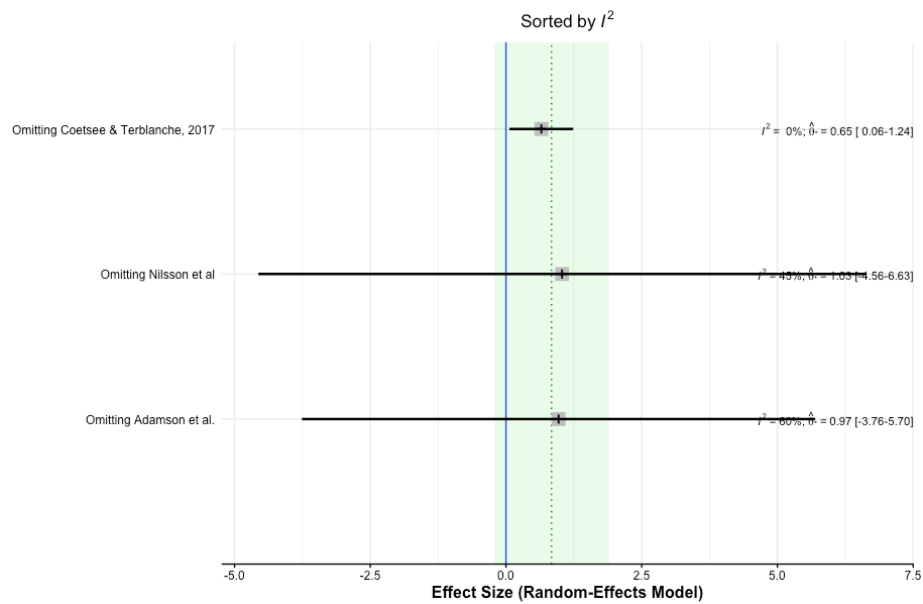


Fig. S4 Sensitivity test (muscular endurance HIIT vs non-exercise condition)