Supplementary Figure 1 Forest plots of the effect of ST-HIIT on (A) body mass (B) BMI (C) % body fat (D) VO₂ max (E) resting HR (F) SBP and (G) DBP in normal weight populations.
Supplementary Figure 2 Forest plots of the effect of ST-HIIT on (A) body mass (B) % body fat (C) VO₂ max (D) SBP (E) DBP (F) fasting glucose and (G) fasting insulin in overweight/obese populations.
Supplementary Figure 3 Forest plots of the effect of LT-HIIT on (A) body mass (B) BMI (C) WC (D) % body fat (E) VO₂max (F) resting HR (G) SBP and (H) DBP in overweight/obese populations.
Supplementary Figure 4 Forest plots of the effect of LT-HIIT on (A) fasting glucose (B) total cholesterol (C) HDL cholesterol (D) LDL cholesterol (E) triglycerides and (F) CRP in overweight/obese populations.