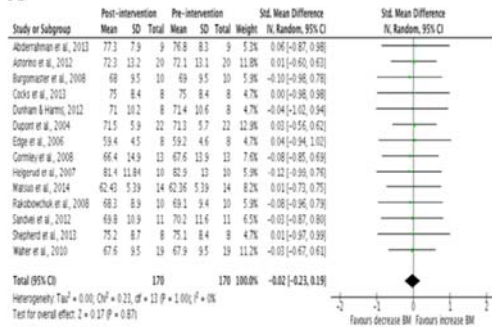
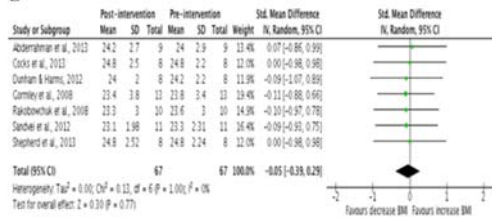


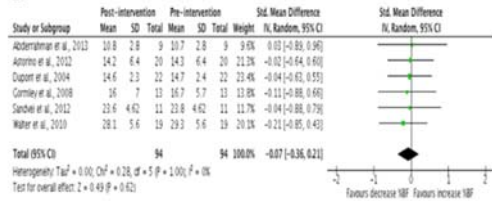
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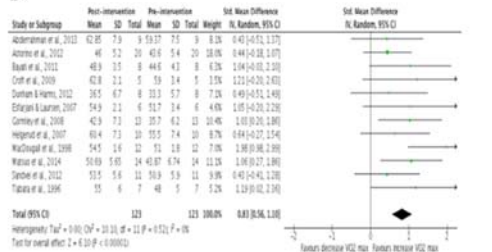
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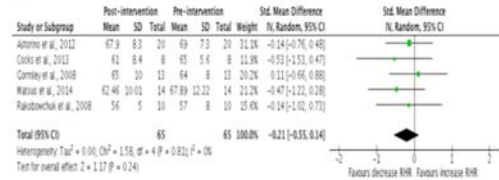
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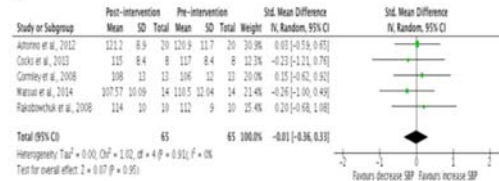
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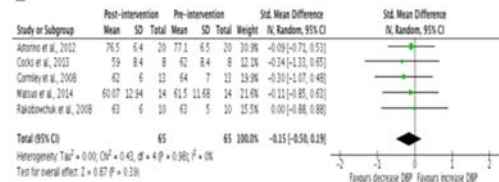
E



F



G

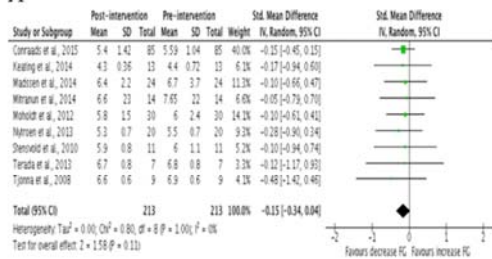


Supplementary Figure 1 Forest plots of the effect of ST-HIIT on (A) body mass (B) BMI (C) % body fat (D) VO₂ max (E) resting HR (F) SBP and (G) DBP in normal weight populations.

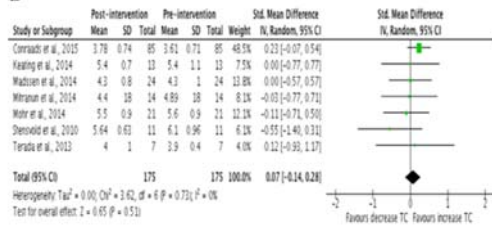


Supplementary Figure 2 Forest plots of the effect of ST-HIIT on (A) body mass (B) % body fat (C) VO_2 max (D) SBP (E) DBP (F) fasting glucose and (G) fasting insulin in overweight/obese populations.

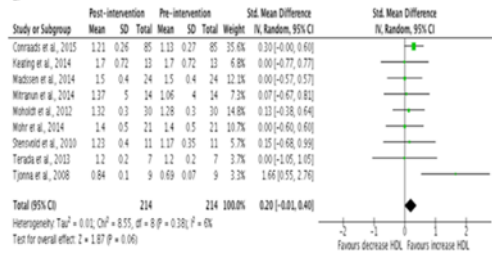
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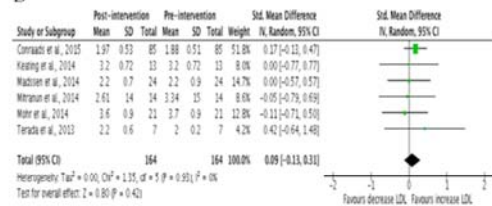
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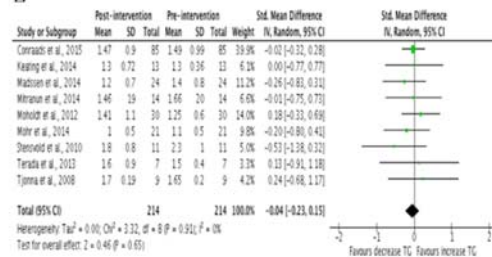
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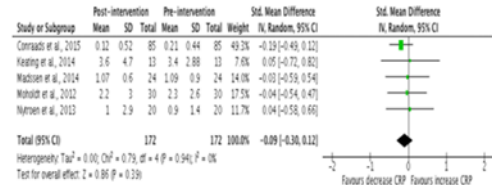
D



E



F



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.