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| Supplementary Table 1. Training protocols for intervention |
| Total session time(min) | Warm up and Cool down(min) | HIIT workout time (min) | Recovery time between sets (sec) | Recovery time between repetitions (sec) | Maximum heart rate (%) intensity | Repetition duration (second) | Repetition numbers in each set | Sets frequency in every session | Sessions in week | Weeks |
| 54 | 20 | 34 | 90 | 60 | 50-60% | 40 | 4 | 5 | 3 | First |
| 56 | 20 | 36 | 105 | 70 | 60-70% | 35 | 4 | 5 | 3 | Second |
| 50 | 20 | 30 | 120 | 80 | 70-80% | 30 | 4 | 4 | 3 | Third |
| 51 | 20 | 31 | 135 | 90 | 80-90% | 25 | 4 | 4 | 3 | Forth |
| 44 | 20 | 24 | 150 | 100 | 90-100% | 20 | 4 | 3 | 3 | Fifth |
| 44 | 20 | 24 | 150 | 100 | 90-100% | 20 | 4 | 3 | 3 | Sixth |
| 44 | 20 | 24 | 150 | 100 | 90-100% | 20 | 4 | 3 | 3 | Seventh |
| 44 | 20 | 24 | 150 | 100 | 90-100% | 20 | 4 | 3 | 3 | Eighth |