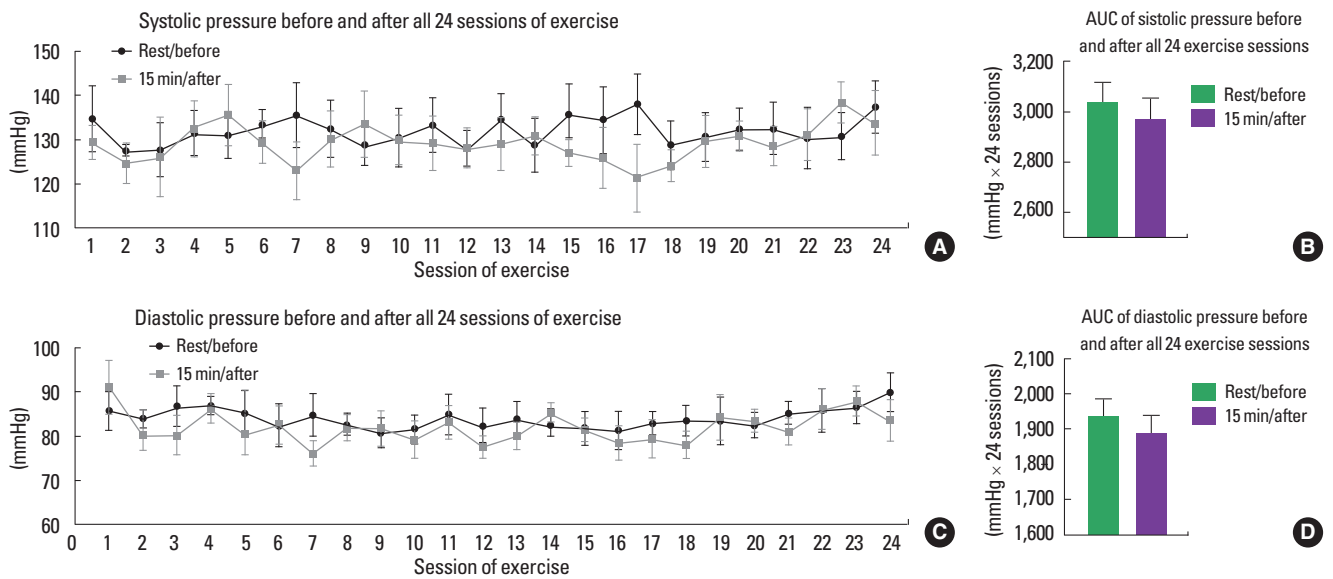


SUPPLEMENTARY MATERIALS



Supplementary Fig. 1. Systolic and diastolic blood pressure before and after all training sessions. (A) Systolic blood pressure before and 15 min after each exercise session (mmHg). (B) Areas under the curve of the systolic blood pressure before and 15 min after each exercise session (mmHg×24 sessions). (C) Diastolic blood pressure before and 15 min after each exercise session (mmHg). (D) Areas under the curve of the diastolic blood pressure before and 15 min after each exercise session (mmHg×24 sessions). AUC, area under the curve.