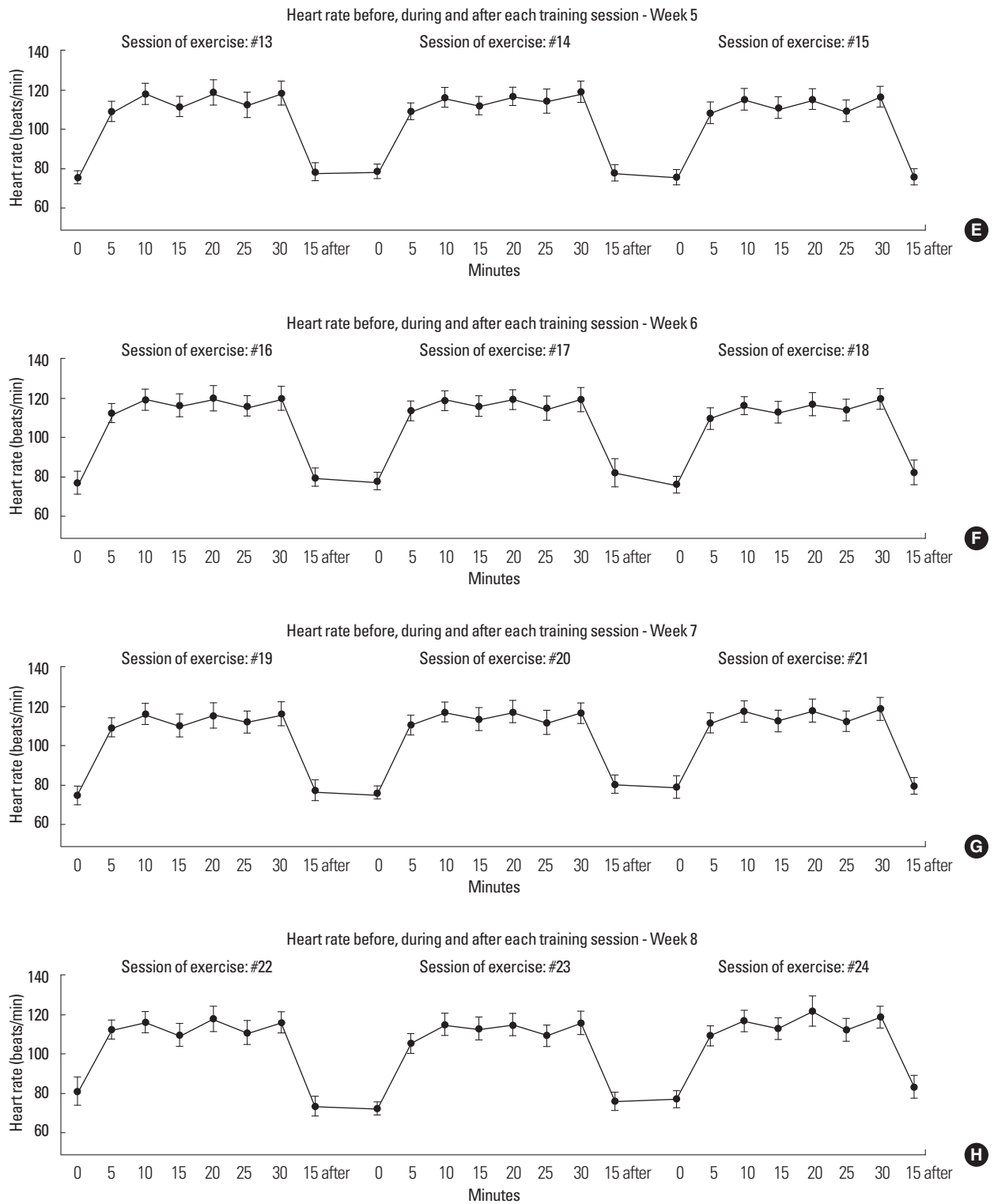


Supplementary Fig. 2. Heart rate per minute before, during and after each of the 24 exercise sessions over 8 weeks (A-H).

(Continued to the next page)



Supplementary Fig. 2. (Continued) Heart rate per minute before, during and after each of the 24 exercise sessions over 8 weeks (A-H).