

Supplemental digital content 2. Summary of the results of the linear mixed model for perceived exertion, valence and arousal during exercise sessions in insulin resistant subjects.

Source	Num DF	Den DF	F	p
<b>PERCEIVED EXERTION</b>				
Group	1	66	45.8	<b>&lt;.0001</b>
Session	5	104	16.28	<b>&lt;.0001</b>
Bout	4	49.4	112.97	<b>&lt;.0001</b>
Sex	1	60.3	0.04	0.84
Diabetes status	1	65	0.8	0.38
Group×Session	5	104	1.68	0.15
Group×Bout	4	49.5	7.04	<b>0.0001</b>
Session×Bout	20	205	1.27	0.2
Group×Session×Bout	20	205	0.96	0.51
<b>VALENCE</b>				
Group	1	74.4	26.97	<b>&lt;.0001</b>
Session	5	87.4	5.13	<b>0.0004</b>
Bout	4	43.8	65.04	<b>&lt;.0001</b>
Sex	1	63.9	0.36	0.55
Diabetes status	1	68.7	5.7	<b>0.0197</b>
Group×Session	5	87.4	0.31	0.91
Group×Bout	4	43.8	14.23	<b>&lt;.0001</b>
Session×Bout	20	195	1.45	0.1
Group×Session×Bout	20	195	1.37	0.14
<b>AROUSAL</b>				
Group	1	73.9	15.44	<b>0.0002</b>
Session	5	82.1	4.98	<b>0.0005</b>
Bout	4	42.4	15.29	<b>&lt;.0001</b>
Sex	1	70.1	7.24	<b>0.0089</b>
Diabetes status	1	74.6	2.45	0.12
Group×Session	5	82.1	0.71	0.61
Group×Bout	4	42.4	3.81	<b>0.0098</b>
Session×Bout	20	208	1.78	<b>0.024</b>
Group×Session×Bout	20	208	1.11	0.34

Group: Sprint interval training group (SIT) and moderate-intensity continuous training group (MICT)

Bout: 0 min and 1–4 30 s maximal sprints in the SIT group and 0 min, 10 min, 20 min, 30 min, 40 min time intervals in the MICT group

Session: 1–6 training sessions.

Diabetes status: Type 2 Diabetes Mellitus and prediabetes

Sex: male and female

Significant difference is shown in boldface.