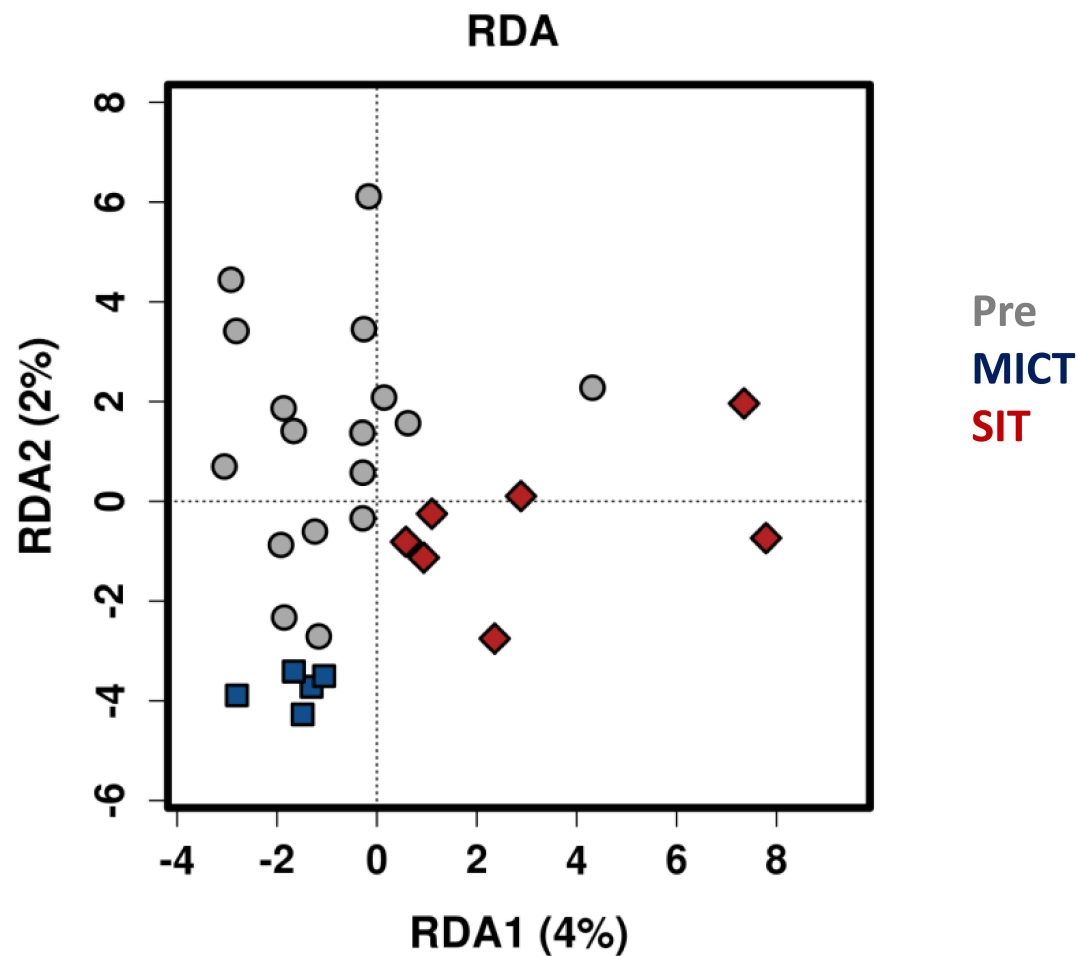


Supplementary figure 5



Supplementary figure 5: Multivariate Redundancy analysis (RDA) plot to identify significant associations between microbial communities according to baseline (pre-intervention) and after two different interventions (SIT and MICT). SIT, sprint interval training and MICT, moderate intensity continuous training.