



Supplemental Digital Content 1. Scatterplot showing the relationship between the reactive hyperemia (shear rate area under the curve; SR AUC) and brachial flow-mediated dilation (FMD) with data from both pre-training and post-training for each of the high-intensity interval training (HIIT; circles; black regression line), moderate-intensity continuous training (MICT: triangles; black and white regression line) and resistance training groups (RT: squares; grey regression line). The slope (10^4) was 0.93, 1.70 and 1.46 for the HIIT, MICT and RT groups, respectively. The correlation of the pooled sample was $r = 0.35$ ($P=0.002$) and the y-intercept was greater than zero with $\beta=3.6\pm0.6$, $P<0.001$ (95% CI: 2.4-4.8).