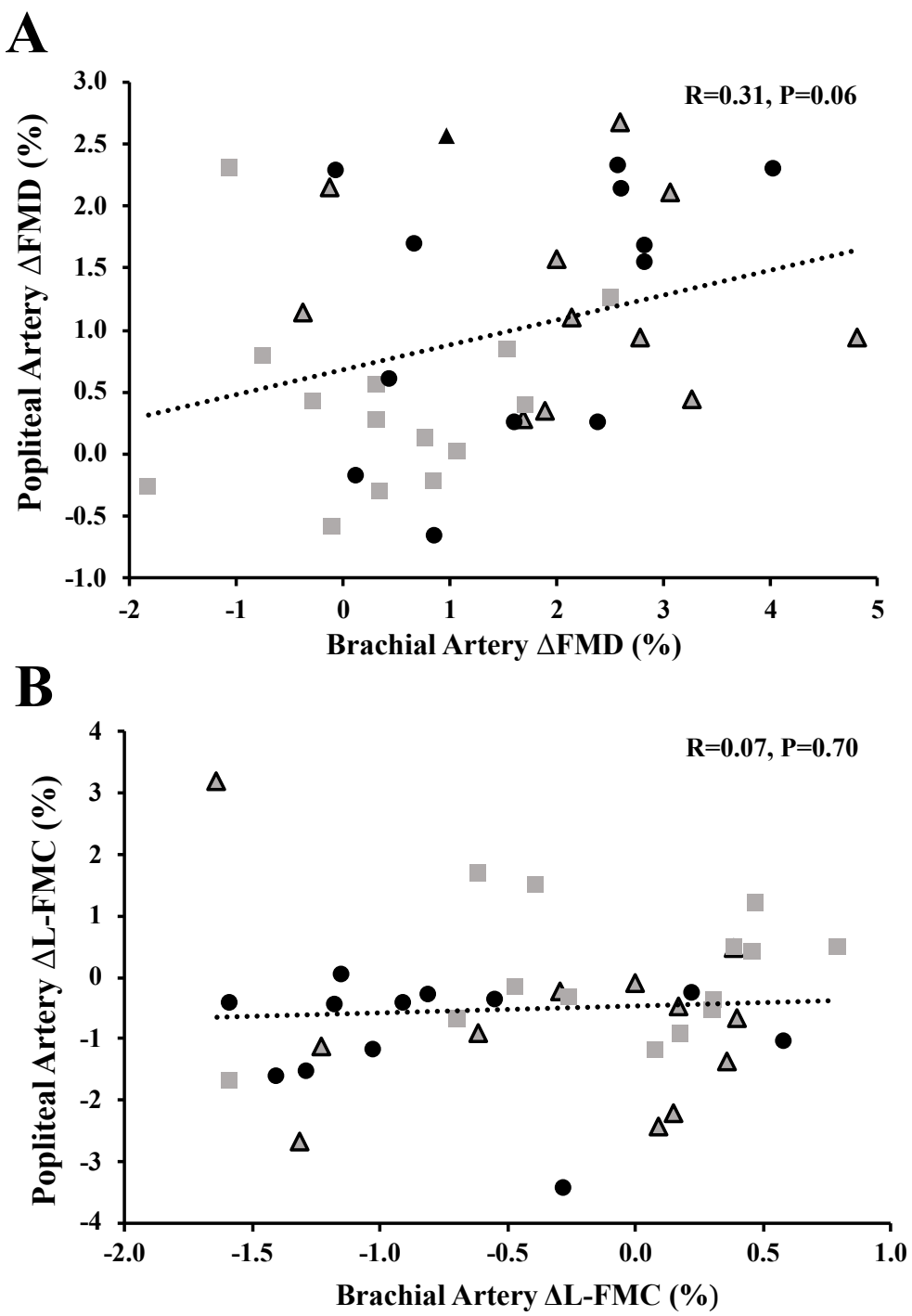

Supplemental Digital Content 3. Scatterplot showing the relationship between the change in relative flow-mediated dilation (FMD; *A*) responses and changes in relative low-flow-mediated constriction (L-FMC; *B*) between the brachial and popliteal arteries. Data is presented for high-intensity interval training (circles), moderate-intensity continuous training (triangles) and resistance training groups (squares). The unstandardized β ± standard error (95% confidence intervals) were 0.20±0.10, (-0.01 to 0.41; *A*) and 0.11±0.29, (-0.47 to 0.69; *B*).