



Supplemental Digital Content 4. Scatterplot showing the relationship between the change in aerobic fitness (peak oxygen consumption) with the change in brachial artery relative low-flow-mediated constriction (L-FMC; A) and the change in popliteal artery L-FMC (B) in the pooled sample. Data is presented for high-intensity interval training (circles), moderate-intensity continuous training (triangles) and resistance training groups (squares). The unstandardized $\beta \pm$ standard error (95% confidence intervals) were -0.10 ± 0.03 , $(-0.15 \text{ to } -0.04; A)$ and -0.09 ± 0.05 , $(-0.19 \text{ to } 0.02; B)$.