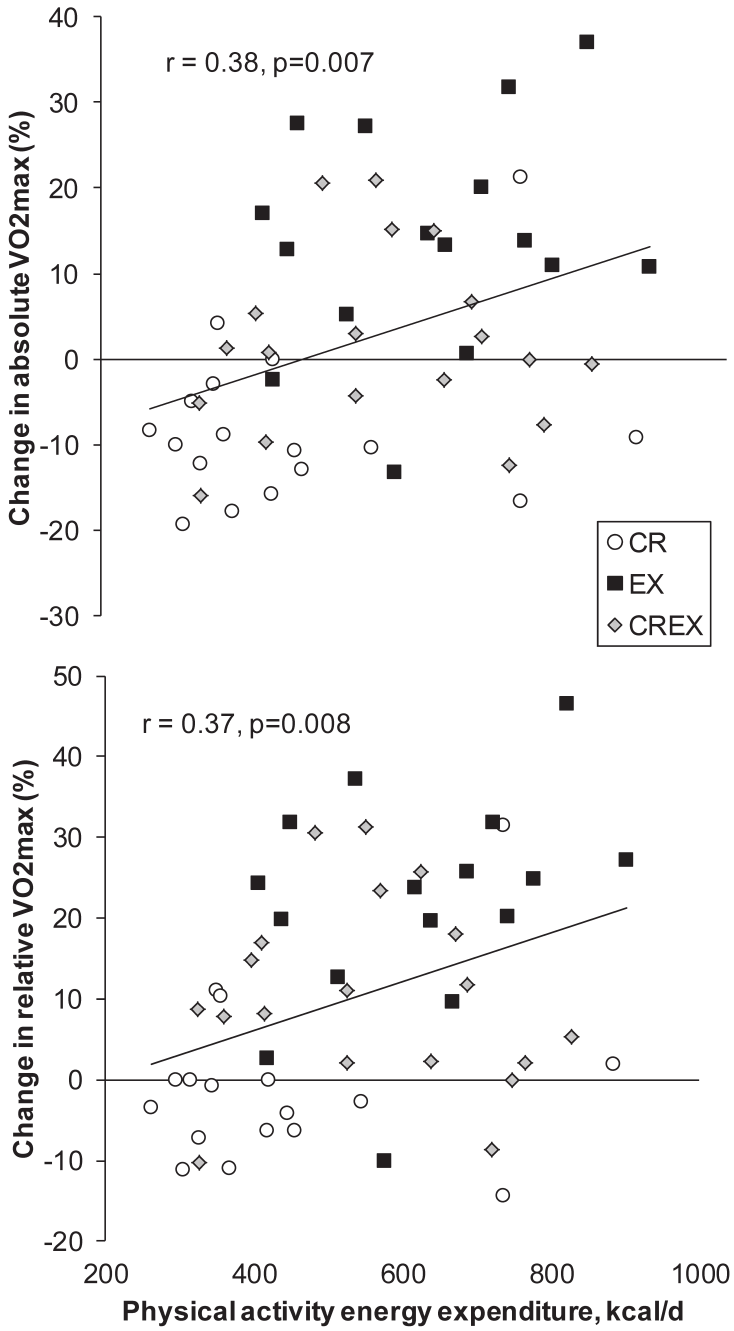

Supplemental Digital Content 4. Association between physical activity energy expenditure during the intervention and increases in absolute VO2max (top panel) and VO2max relative to body weight (bottom panel). Associations were analyzed with Pearson correlations and were based on pooled data from all three study groups.