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| SUPPLEMENTAL TABLE 2. Chemokine receptor percent positive and cell counts before and after two weeks of HIIT and MICT.   |
| **Variable** | **HIIT** |  | **MICT** |  | **P-Value** |
|   | Pre | Post | N |   | Pre | Post | N |   | Time | Interaction |
| **CCR2** |   |   |   |   |   |   |   |   |   |   |
| **CD14+/CD16- Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 98.07 (1.25) | 98.18 (1.14) | 15 |   | 98.57 (1.00) | 98.60 (0.88) | 15 |   | 0.650 | 0.770 |
| Cell number (x10³·µl⁻¹ blood) | 0.26 (0.07) | 0.30 (0.09) | 15 |   | 0.23 (0.10) | 0.22 (0.08) | 17 |   | 0.310 | 0.087 |
| **CD14+/CD16+ Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 92.58 (4.36) | 93.39 (5.17) | 15 |   | 95.88 (4.51) | 92.55 (5.99)\* | 17 |   | 0.140 | 0.019 |
| Cell number (cell·µl⁻¹ blood) | 7.4 (5.4)  | 5.9 (.3) | 15 |   | 3.9 (4.2)  | 3.6 (3.0) | 16 |   | 0.577 | 0.371 |
| **T Cells** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 51.50 (5.79) | 51.00 (6.20) | 15 |   | 51.82 (5.98) | 50.53 (5.77) | 16 |   | 0.547 | 0.788 |
| Cell number (x10³·µl⁻¹ blood) | 0.15 (0.08)  | 0.16 (0.07) | 16 |   |  0.16 (0.06) | 0.18 (0.07) | 17 |   | 0.330 | 0.680 |
| **Neutrophils** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 50.43 (7.34) | 51.34 (6.42) | 17 |   | 49.43 (5.26) | 49.31 (5.67) | 17 |   | 0.782 | 0.722 |
| Cell number (x10³·µl⁻¹ blood) | 1.08 (0.58) |  1.23 (0.63) | 16 |   | 1.07 (0.33) | 0.94 (0.28) | 17 |   | 0.923 | 0.048 |
|   |   |   |   |   |   |   |   |   |   |   |
| **CCR5** |   |   |   |   |   |   |   |   |   |   |
| **CD14+/CD16- Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 78.23 (8.60) | 81.52 (4.59) | 17 |   | 80.44 (5.81) | 81.18 (4.59) | 17 |   | 0.166 | 0.378 |
| Cell number (x10³·µl⁻¹ blood) | 0.20 (0.06) | 0.23 (0.09) | 17 |  | 0.19 (0.09) | 0.18 (0.06) | 17 |   | 0.487 | 0.401 |
| **CD14+/CD16+ Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 87.61 (6.81) | 89.29 (6.25) | 17 |   | 87.82 (8.31) | 90.21 (3.97) | 17 |   | 0.130 | 0.789 |
| Cell number (cell·µl⁻¹ blood) | 6.9 (4.8) | 5.5 (3.9) | 16 |   | 3.6 (4.4) | 3.7 (3.9) | 16 |   | 0.683 | 0.221 |
| **T Cells** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 77.99 (5.12) | 80.36 (3.60)\* | 17 |   | 79.17 (5.80) | 80.76 (3.70) | 17 |   | 0.033 | 0.664 |
| Cell number (x10³·µl⁻¹ blood) | 0.27 (0.15) |  0.29 (0.18) | 17 |   |  0.25 (0.09) | 0.28 (0.10) | 17 |   | 0.382 | 0.975 |
| **Neutrophils** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 65.18 (9.04) | 70.53 (6.43)\* | 17 |   | 66.22 (5.67) | 70.78 (6.58)\* | 17 |   | 0.003 | 0.794 |
| Cell number (x10³·µl⁻¹ blood) | 1.52 (0.51) | 1.72 (0.90) | 17 |   |  1.42 (0.40)  |  1.34 (0.41)  | 17 |   | 0.536 | 0.144 |
|   |   |   |   |   |   |   |   |   |   |   |
| **CXCR2** |   |   |   |   |   |   |   |   |   |   |
| **CD14+/CD16- Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 92.64 (5.40) | 91.39 (5.00) | 16 |   | 88.91 (6.53) | 87.44 (9.56) | 17 |   | 0.090 | 0.890 |
| Cell number (x10³·µl⁻¹ blood) | 0.23 (0.07) | 0.26 (0.09) | 17 |   | 0.21 (0.09) | 0.19 (0.08) | 17 |   | 0.877 | 0.504 |
| **CD14+/CD16+ Monocytes** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 83.14 (13.09) | 81.24 (13.16) | 17 |   | 85.17 (10.58) | 80.67 (11.65) | 17 |   | 0.097 | 0.494 |
| Cell number (cell·µl⁻¹ blood) | 6.7 (5.1) | 4.9 (3.6) | 16 |   | 3.3 (3.2) | 3.0 (2.2) | 16 |   | 0.342 | 0.268 |
| **T Cells** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 26.31 (6.88) | 29.67 (9.16) | 17 |   | 29.23 (10.36) | 29.88 (12.74) | 17 |   | 0.339 | 0.350 |
| Cell number (x10³·µl⁻¹ blood) |  0.09 (0.06) | 0.11 (0.07) | 17 |  | 0.09 (0.05) |  0.10 (0.06) | 17 |   | 0.196 | 0.436 |
| **Neutrophils** |   |   |   |   |   |   |   |   |   |   |
| Positive Cells (%) | 99.87 (0.09) | 99.84 (0.12) | 16 |   | 99.87 (0.07) | 99.83 (0.14) | 17 |   | 0.069 | 0.604 |
| Cell number (x10³·µl⁻¹ blood) | 2.37 (0.86) | 2.44 (1.26) | 17 |   | 2.14 (0.58) |  1.90 (0.56) | 17 |   | 0.450 | 0.166 |
| Values are mean (SD). HIIT, high intensity interval training; MICT, moderate intensity continuous training. \*p<0.05 pre vs. post within-group. |