**Supplemental Table 3**

 **Integration of Aerobic and Resistance Showing Time Spent Exercising**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Resistance** | 35-60 min |  | 35-60 min |  | 35-60 min |  | Rest |
| **Aerobic Interval** |  | 32 min |  | 15 min |  | 35 min | Rest |
| **Aerobic Continuous** | 30 min |  | 30 min |  | 30 min |  | Rest |