**SDC 6: Adherence to scheduled exercise sessions.**

|  |  |  |  |
| --- | --- | --- | --- |
| Author: | Year: | HIIT | MCT |
| Uhleman et al. | 2016 | - | - |
| Dolan et al. | 2015 | 98.70% | 98.70% |
| Wallman et al. | 2009 | - | - |
| Angadi et al. | 2015 | 99% | 99% |
| Boyne et al. | 2016 | 100% | 100% |
| Fisher et al. | 2015 | - | - |
| Freyssin et al. | 2012 | 100% | 100% |
| Jung et al. | 2015 | 100% | 100% |
| Kim et al. | 2015 | 100% | 100% |
| Lanzi et al. | 2015 | 98.60% | 100% |
| Matsuo et al. | 2015 | 97.10% | 97.40% |
| Puhan et al. | 2006 | 86.70% | 86.70% |
| Schmitt et al. | 2016 | 93% | 93% |
| Slordhal et al. | 2005 | 96% | 98% |
| Coppoolse et al. | 1999 | - | - |
| Devin et al. | 2016 | 96.7 | 94.1 |
| Gloeckl et al. | 2012 | - | - |
| Higgins et al. | 2016 | 83.30% | 87.80% |
| Kong et al. | 2016 | - | - |
| Mador et al. | 2009 | 100% | 100% |
| Moholdt et al. | 2009 | 82% | 83.50% |
| Robinson et al. | 2015 | 100% | 100% |
| Sawyer et al. | 2016 | 100% | 100% |
| Skleryk et al. | 2013 | 100% | 100% |
| Jaureguizar et al. | 2016 | 92% | 88% |
| Baekkerud et al. - 4x4 | 2015 | 100% | 100% |
| Baekkerud et al. - 10x1 | 2015 | 100% | 100% |