**Supplemental Digital Content 3.** Baseline characteristics of adherent, partially adherent and non-adherent HIIT participants

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| --- | --- | --- | --- | --- |
| Variable | aAdherent | bPartially adherent | cNon-adherent | Pg |
| n | 24 (23%) | 17 (16%) | 63 (61%) |  |
| Female Sex n (%) | 8 (33%) | 11 (65%) | 40 (64%) | **0.03** |
| Age (years) | 46.4 (10.9) | 42.1 (7.6) | 42.8 (10.5) | 0.27 |
| BMI (kg/m2) | 32.9 (4.5) | 34.0 (4.9) | 32.5 (3.9) | 0.44 |
| Estimated VO2peak (ml/kg/min) | 29.3 (7.6) | 28.0 (4.7) | 28.6 (5.9) | 0.10 |
| Body fat DXA (%)d | 37.3 (7.5) | 42.3 (6.4) | 39.1 (7.2) | **0.03** |
| Visceral fat (cm3)d | 1790 (1263) | 1419 (761) | 1403 (953) | 0.94 |
| MVPA (minutes/day)e | 39.3 (21.4) | 30.0 (11.1) | 34.0 (19.3) | 0.30 |

Data expressed as n (%) or mean (SD) as appropriate.

Adherence categories defined as aat least 2 adequate HIIT sessions were recorded at 3+/5 of the 3-monthly reviews, bat least 1 adequate HIIT session recorded at 3/5 of the 3-monthly reviews, cless than these amounts, includes 2 participants who did not receive intervention at baseline

dAdjusted for age and sex

eUsing 60 second epochs, data missing for 1, 2, and 6 participants respectively