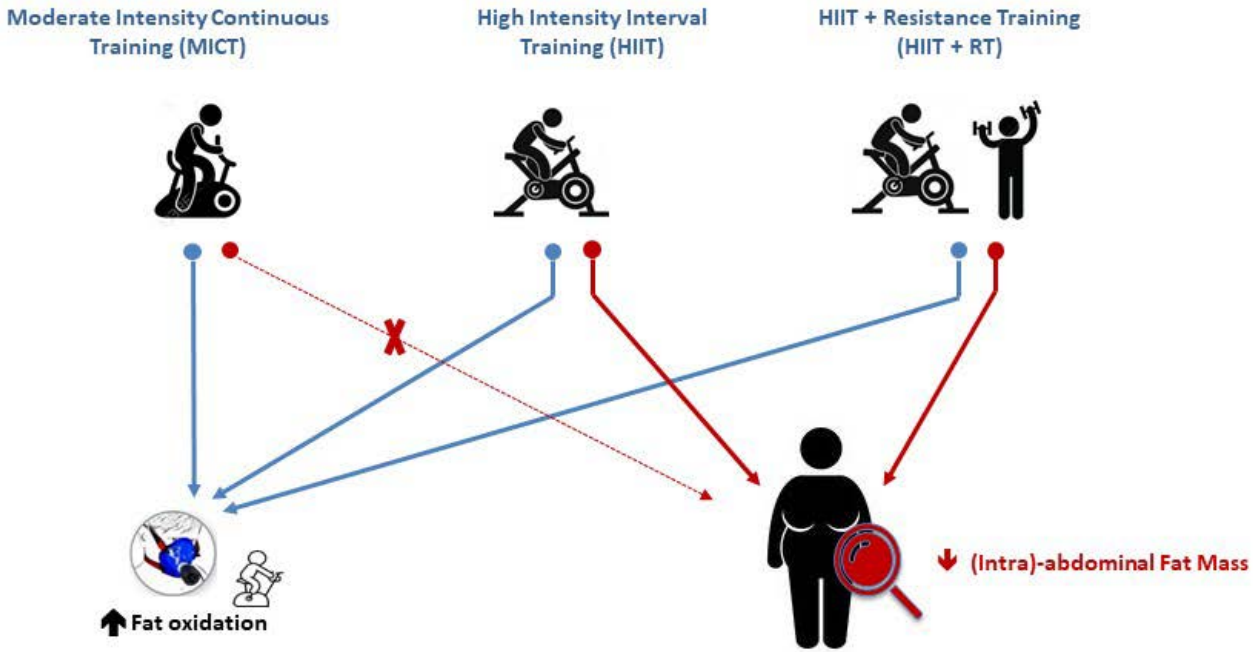## 12-week MICT, HIIT or HIIT + RT intervention in postmenopausal women with overweight or obesity