



Supplemental Digital Content 2. Scatterplot showing the relationship between the reactive hyperemia (shear rate area under the curve; SR AUC) and popliteal flow-mediated dilation (FMD) with data from both pre-training and post-training for each of the high-intensity interval training (HIIT; circles; black regression line), moderate-intensity continuous training (MICT: triangles; black and white regression line) and resistance training groups (RT: squares; grey regression line). The slope (10^4) was 3.81, 2.62 and 1.60 for the HIIT, MICT and RT groups, respectively. The correlation of the pooled sample was $r = 0.40$ ($P < 0.001$) and the y-intercept was greater than zero with $\beta = 1.6 \pm 0.6$, $P = 0.004$ (95% CI: 0.5-2.7).