**Pubmed search strategy:**

(high intensity interval training OR high-intensity interval training OR high intensity interval exercise OR high-intensity interval exercise OR sprint interval training OR sprint training OR HIIT OR HIT OR SIT OR ST) AND (moderate intensity continuous training OR moderate-intensity continuous training OR moderate intensity continuous exercise OR moderate-intensity continuous exercise OR moderate intensity training OR moderate-intensity training OR moderate intensity exercise OR moderate-intensity exercise OR moderate training OR moderate exercise OR endurance training OR endurance exercise) AND (maximal oxygen uptake OR peak oxygen uptake OR VO2max OR maximal oxygen consumption OR peak oxygen consumption OR cardiorespiratory fitness OR physical fitness OR body mass OR body fat OR percentage of body fat OR per cent body fat OR blood pressure OR systolic blood pressure OR diastolic blood pressure OR resting blood pressure OR HDL cholesterol OR HDL OR HDL-C OR LDL cholesterol OR LDL OR LDL-C OR triglycerides OR total cholesterol OR insulin OR fasting insulin OR glucose OR fasting glucose OR glycated hemoglobin OR HbA1c OR hemoglobin A1c OR insulin resistance OR HOMA OR HOMA-IR OR C-reactive protein OR CRP OR endothelial function OR flow mediated dilation OR FMD) AND Humans[MeSH] AND Adult[MeSH] AND English[lang].