**Additional data provided by authors:**

* Prof. Dr. Jarna Hannukainen and Sanna Honkala were contacted on February 27th of 2018, and provided the following data:
  + Pre and post VO2max values – mean and standard deviation.
* Prof. Dr. Jill Kanaley and Nathan Winn were contacted on February 28th of 2018, and provided the following data:
  + Post body mass, % body fat, VO2max, fasting glucose, fasting insulin, HOMA-IR, HDL, LDL, triglycerides, and total cholesterol values – mean and standard deviation.
* Prof. Dr. Arnt E Tjønna and Prof. Dr. Ulrik Wisløff were contacted on March 1st of 2018, and provided the following data:
  + Pre and post FMD (%) values – mean and standard deviation.
* Prof. Dr. Øivind Rognmo and Frederik Bækkerud were contacted on March 1st of 2018, and provided the following data:
  + Pre and post body mass values – mean and standard deviation.