**Supplemental Digital Content**

Supplemental Digital Content 1. Table 1 that illustrate the exercise protocol values following 12 weeks of exercise training. doc.

Table 1. Exercise protocol values following 12 weeks of exercise training.

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|  | TRAD (n=7) | STAIR (n=9) | *p* |
| HRpeak (bpm) | 112±14 | 129±11\* | 0.008 |
| %HRpeak | 89±5 | 101±1\* | 0.028 |
| Average of total exercise timeat prescribed intensity (min) | 33.3±8.1 | 5.2±2.2\* | <0.001 |

Data are expressed as means±SD. HR: heart rate, TRAD: traditional moderate-intensity continuous exercise program, STAIR: stair climbing based high-intensity interval exercise program. \* p<0.05 significantly different from TRAD.