**Table S2. Baseline physical activity (Pre) and changes following 6 weeks of exercise training (Post) and 2.5 weeks of detraining (DT) in middle-aged men.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | ENT |  |  | HIIT |  |  | RET |  | Main effects (*P*) | | |
| Pre | | Week 4 | DT | Pre | Week 4 | DT | Pre | Week 4 | DT | Time  group | | |
|  | |  |  |  |  |  |  |  |  | interaction | | |
| 8907 ± | | 11192 ± | 9072 ± | 9385 ± | 10409 ± | 9672 ± | 10134 ± | 9875 ± | 9560 ± | | | |
|  | 2163 | 3495 | 2699 | 1324 | 2847 | 2322 | 3180 | 1787 | 2296 |  |  |  |
| Moving (%.d-1) | 15 ± 8 | 18 ± 6 | 13 ± 4 | 14 ± 2 | 16 ± 4 | 14 ± 5 | 14 ± 4 | 15 ± 3 | 13 ± 3 | 0.011 | 0.862 | 0.388 |
| Stepping (%.d-1) | 14 ± 7 | 16 ± 7 | 13 ± 3 | 13 ± 2 | 15 ± 3 | 14 ± 5 | 14 ± 3 | 15 ± 3 | 13 ± 3 | 0.048 | 0.991 | 0.795 |
| Cycling (%.d-1) | 1 ± 1 | 2 ± 1a | 0 ± 1b | 0 ± 1 | 1 ± 0\* | 0 ± 1 | 0 ± 0 | 0 ± 0\* | 0 ± 0 | <0.001 | 0.023 | <0.001 |
| Standing (%.d-1) | 26 ± 9 | 24 ± 10 | 22 ± 6 | 24 ± 9 | 26 ± 8 | 22 ± 7 | 26 ± 11 | 31 ± 10 | 27 ± 11 | 0.023 | 0.613 | 0.261 |
| Sitting (%.d-1) | 60 ± 15 | 59 ± 13 | 65 ± 8 | 64 ± 11 | 59 ± 9 | 64 ± 11 | 60 ± 13 | 55 ± 12 | 60 ± 12 | 0.011 | 0.772 | 0.747 |
| Total time awake (h.d-1) | 14 ± 4 | 14 ± 3 | 15 ± 3 | 14 ± 2 | 14 ± 2 | 13 ± 1 | 15 ± 2 | 14 ± 2 | 15 ± 2 | 0.917 | 0.627 | 0.732 |

Time Group

Steps (steps.d-1) 0.067 1.000 0.500

Values are mean ± SD. ENT, endurance exercise training; HIIT, high-intensity interval training; RET, resistance exercise training. d, day. a, *P*<0.05 vs Pre within group; b, *P*<0.05 vs Post within group; \*, *P*<0.05 vs ENT at week 4. Moving = stepping + cycling.