**Supplemental Digital Content 6.** Changes in cardiorespiratory parameters

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| Hand-held Ergometer Exercise test (Protocol 20W+10W-60 sec) | | | | | | | | | | | | | |
|  | **Timing** | **Timing** | **Exercise resistance -Power (W)-** | **HR (bpm)** | | **Peak aerobic capacity VO2 (l-min)** | | **METs** | **Peak respiratory exchange ratio** | **Peak Ventilation VE (L)** | **SAP-DAP** | |
| W37: 2019-09-12 |  | **Rest** | 0 | 97 | | 0.42 | | 1.6 | 0.8 | 11.6 | 140-90 | |
| **3’21** | **Threshold 1** | 51.7 (47 % of the p max) | 145 (81% of the max HR) | | 0.94 (62% of the VO2 max) | | 3.6 | 0.9 | 27.9 |  | |
| **6’05** | **Threshold 2** | 76.7 (69 % of the p max) | 166 (93% of the max HR) | | 1.31 (86.8% of the VO2 max) | | 5 | 1.1 | 45.8 |  | |
| **9’02** | **Resistance peak** | 100 | 177 (max HR 180\*) | | 1.51 (V02 max) | | 5.8 | 1.1 | 56.8 | 180-100 | |
| Cessation when reaching HR max =180 bpm  FC fin de récupération  PAS -PAD fin de récupération | | | | | | | | | | | | |
| **14’19** |  | | | 115 | |  | | | | | 140-90 | |
| W10: 2020-03-03 |  | **Rest** | 0 | 103 | | 0.41 | | 1.6 | 0.8 | 12.4 | 120-80 | |
| **5’03** | **Threshold 1** | 66.7 (80% of the p max) | 153 (85% of the max HR) | | 1.06 (70% of the VO2 max) | | 4.1 | 0.9 | 36.0 |  | |
| **7’24** | **Threshold 2** | 91.7 (83% of the p max) | 169 (94% of the max HR) | | 1.43 (94% of the VO2 max) | | 5.5 | 1.0 | 60.8 |  | |
| **9’09** | **Resistance peak** | 110 | 179 (max HR 180\*) | | 1.51 (V02 max) | | 5.8 | 1.0 | 62.2 | 160-90 | |
| Cessation when reaching HR max =180 bpm when reaching HR max =180 bpm  FC fin de récupération  PAS -PAD fin de récupération | | | | | | | | | | | | |
| **14’23** |  | | | 113 | |  | | | | | 140-80 | |

HR, Heart rate; p, power; METs, Metabolic equivalents; SAP, Systolic Arterial Pressure; DAP, Diastolic Arterial Pressure; \*age predicted maximal HR (220 beats/min – age)