**Supplemental Digital Content 2**

**Methods**

*Outcomes*

During the CPET, absolute values at peak exercise were calculated as the average value over the last 30 seconds prior to test termination. Peak heart rate was defined as the highest heart rate achieved during the CPET. A CPET was considered to be at or near the maximal level when at least one of the following criteria was met: a heart rate at peak exercise of >95% of predicted (predicted peak heart rate [beats/min] = 208 – 0.7 × age [years]) and/or a respiratory exchange ratio at peak exercise of >1.10. Aerobic fitness was assessed by determining the VO2 at the VAT and at peak exercise (VO2peak). The VAT was detected by using the V-slope method1 and verified with the ventilatory equivalents method.2

**References**

1.     Beaver WL, Wasserman K, Whipp BJ. A new method for detecting anaerobic threshold by gas exchange. *J Appl Physiol (1985)* 1986; 60(6): 2020-7.

2.     American Thoracic Society, American College of Chest Physicians. ATS/ACCP Statement on cardiopulmonary exercise testing. *Am J Respir Crit Care Med* 2003; 167(2): 211-77.