

Multimedia appendix 5. Complete set of measured CPET parameters at baseline, 6 weeks
and 24 weeks follow-up period.

Intervention (all RER)	Mean (\pm SD)	Mean (\pm SD)	Week 24 Mean (\pm SD)	Within-group				Between-group			
				P Overall	P Δ 6-1	P Δ 24-6	P Δ 24-1	P Overall	P Δ 6-1	P Δ 24-6	P Δ 24-1
RERmax	1.15 (\pm 0.10)	1.15 (\pm 0.10)	1.18 (\pm 0.12)	.01	.99	.02	.18	.38	NA	NA	NA
Gewicht (kg)	83.3 (\pm 18.2)	83.2 (\pm 17.4)	83.0 (\pm 17.3)	.69	NA	NA	NA	.45	NA	NA	NA
BMI (kg/m ²)	28 (\pm 5)	28 (\pm 5)	28 (\pm 5)	.63	NA	NA	NA	.60	NA	NA	NA
HR rest (beats/min)	73 (\pm 14)	72 (\pm 12)	70 (\pm 13)	.38	NA	NA	NA	.88	NA	NA	NA
HR max (beats/min)	127 (\pm 22)	130 (\pm 20)	132 (\pm 20)	.11	NA	NA	NA	.71	NA	NA	NA
DBP rest (mmHg)	82 (\pm 19)	81 (\pm 21)	77.24 (\pm 21.13)	.48	NA	NA	NA	.67	NA	NA	NA
DBP max (mmHg)	94 (\pm 27)	94 (\pm 22)	84 (\pm 24)	.23	NA	NA	NA	.73	NA	NA	NA
SBP rest (mmHg)	126 (\pm 21)	129 (\pm 30)	150 (\pm 140)	.26	NA	NA	NA	.30	NA	NA	NA
SBP max (mmHg)	168 (\pm 31)	177 (\pm 32)	172 (\pm 38)	.15	NA	NA	NA	.05	.01	.77	.04
RPP rest (mmHg*beats/min)	9,170 (\pm 2480)	9,188 (\pm 2451)	10,663 (\pm 11526)	.30	NA	NA	NA	.31	NA	NA	NA
RPP max (mmHg*beats/min)	21,677 (\pm 6554)	23,138 (\pm 5794)	22,985 (\pm 6856)	.19	NA	NA	NA	.37	NA	NA	NA
VO2 peak (ml/min*kg)	22.46 (\pm 6.43)	23.91 (\pm 6.74)	24.46 (\pm 7.57)	.01	.08	.38	.01	<.001	.19	.01	<.001
HR max (%pred)	79 (\pm 13)	80 (\pm 12)	83 (\pm 12)	.047	.99	.36	.05	.53	NA	NA	NA
Watt (W)	152 (\pm 48)	163 (\pm 52)	165 (\pm 53)	.01	.02	.81	.01	.90	.01	.02	.02
Watt (pred%)	103 (\pm 23)	110 (\pm 27)	116 (\pm 27)	<.001	.01	.27	<.001	<.001	.83	.01	.01
VT1 (W)	69 (\pm 24)	75 (\pm 25)	81 (\pm 26)	<.001	.74	<.001	<.001	<.001	.80	<.001	<.001
VT1 (bpm)	93 (\pm 17)	91 (\pm 15)	96 (\pm 15)	.01	.99	.01	.08	.01	.35	.01	.047
OUES (ml/min/log(ml/min))	2,067 (\pm 518)	2,241 (\pm 545)	2,272 (\pm 579)	<.001	.02	.045	<.001	.1	NA	NA	NA
Control (all RER)											
RERmax	1.13 (\pm 0.08)	1.14 (\pm 0.09)	1.16 (\pm 0.11)	.01	.60	.01	.01				
Gewicht (kg)	82.7 (\pm 13.4)	82.5 (\pm 13.3)	82.5 (\pm 13.9)	.18	NA	NA	NA				
BMI (kg/m ²)	28 (\pm 4)	28 (\pm 4)	27 (\pm 5)	.51	NA	NA	NA				
HR rest (beats/min)	73 (\pm 12)	73 (\pm 12)	72 (\pm 13)	.70	NA	NA	NA				
HR max (beats/min)	121 (\pm 24)	125 (\pm 21)	127 (\pm 22)	.12	NA	NA	NA				
DBP rest (mmHg)	84 (\pm 21)	78 (\pm 19)	79 (\pm 17)	.33	NA	NA	NA				
DBP max (mmHg)	94 (\pm 30)	94 (\pm 31)	86 (\pm 20)	.59	NA	NA	NA				
SBP rest (mmHg)	129 (\pm 25)	127 (\pm 23)	129 (\pm 21)	.57	NA	NA	NA				
SBP max (mmHg)	175 (\pm 30)	172 (\pm 34)	171 (\pm 31)	.26	NA	NA	NA				
RPP rest (mmHg*beats/min)	9,379 (\pm 2674)	9,273 (\pm 2703)	9,269 (\pm 2246)	.95	NA	NA	NA				
RPP max (mmHg*beats/min)	21,390 (\pm 6325)	22,061 (\pm 6254)	21,828 (\pm 5509)	.99	NA	NA	NA				
VO2 peak (ml/min*kg)	22.72 (\pm 6.05)	22.86 (\pm 5.37)	22.15 (\pm 5.83)	.02	.99	.02	.09				
HR max (%pred)	77 (\pm 12)	79 (\pm 13)	79 (\pm 12)	.43	NA	NA	NA				
Watt (W)	150 (\pm 49)	158 (\pm 50)	152 (\pm 53)	.01	<.001	.02	.99				
Watt (pred%)	105 (\pm 26)	108 (\pm 26)	104 (\pm 27)	.01	<.001	.01	.99				
VT1 (W)	83 (\pm 34)	88 (\pm 34)	76 (\pm 31)	<.001	.20	<.001	.01				
VT1 (bpm)	95 (\pm 15)	96 (\pm 15)	95 (\pm 17)	.53	NA	NA	NA				
OUES (ml/min/log(ml/min))	2,493 (\pm 2338)	2,263 (\pm 636)	2,142 (\pm 635)	.25	NA	NA	NA				