**Experimental Overview**

**Phase One: Screening (inclusion and exclusion criteria)**

**Baseline data collection**

*Body anthropometrics (DEXA, height, weight, waist circumference)*

*Aerobic fitness assessment (VO2 peak test; graded treadmill test)*

*3-day food diary, Three Factor Eating Questionnaire & VAS for Appetite*

*14-day physical activity monitoring (Actigraph & Diary)*

*Pittsburgh Sleep Quality Index & 14-day sleep monitoring dairy*

*14-day skin body temperature (iButton temperature logger)*

**Post-intervention assessments**

*(Similar to Baseline data collection)*

WEEK 12: Completion of Study Day

Continuous Glucose Monitoring System (End of Week 12)

Continuous Glucose Monitoring System (Start of Week 01)

**WEEK 6: Mid-intervention assessments**

*Blood Sampling & VO2 peak test*

**Randomisation and Allocation to training groups:**

*amEX-post*

*pmEX- post*

Completion of Study Day