

Repeat:

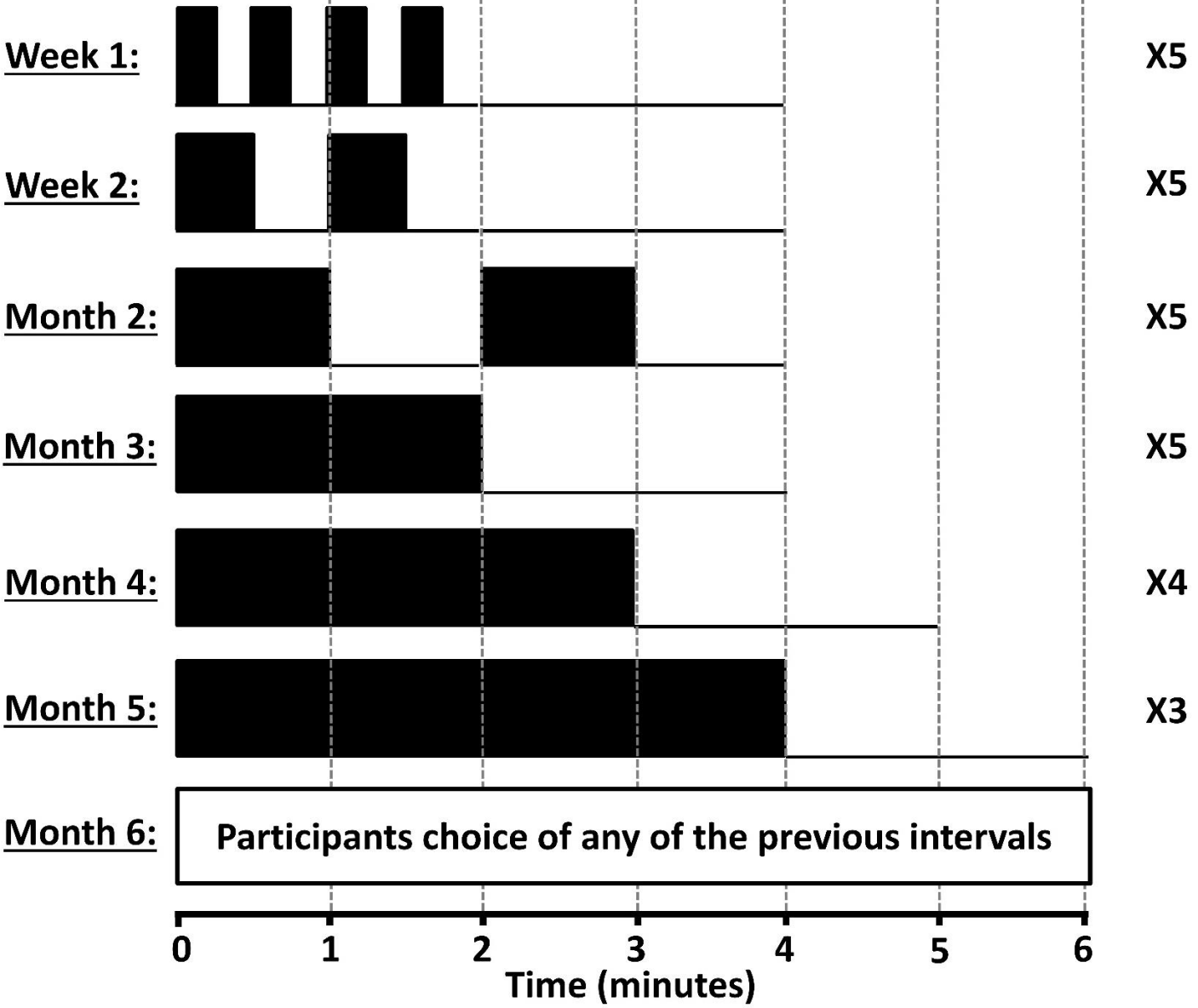


Figure 1: High intensity interval training protocol. Black bars represent high-intensity exercise targeting 90% of maximum heart rate. Black lines represent low intensity recovery.