

Supplementary Material

Supplementary Tables

Table 1. Anthropometric and physiological data for female (n = 6) and male (n = 6) participants. Data are displayed as means \pm standard deviation.

	Female (n=6)	Male (n=6)	All (N = 12)
Age (years)	30.5 \pm 6.7	28.5 \pm 3.7	29.5 \pm 5.3
Height (cm)	161.8 \pm 5.7	173.9 \pm 7.5	167.9 \pm 8.9
Weight (kg)	60.5 \pm 5.1	81.3 \pm 14.5	70.9 \pm 15.0
BF (%)	20.1 \pm 3.4	10.0 \pm 3.8	15.0 \pm 6.3
VO ₂ peak (mL \cdot min ⁻¹ \cdot kg ⁻¹)	43.2 \pm 3.6	54.3 \pm 3.4	48.7 \pm 6.7

N= 12. cm= centimetres, kg = kilograms; BF (%) = body fat percentage; VO₂peak = peak oxygen consumption; ml = milliliters, min = minute

Table 2. Repetitions performed during BW-HIIE (N = 12).

Exercise	Set 1	Set 2	<i>P</i> -value	<i>g</i>
High knees	185 \pm 16	183 \pm 22	0.770	0.100
Squat jumps	50 \pm 6	47 \pm 8	0.022*	0.410
Scissor Jacks	154 \pm 13	153 \pm 10	0.481	0.083
Jumping Lunges	55 \pm 10	51 \pm 11	0.527	0.367
Modified Burpees	24 \pm 3	22 \pm 4	0.076	0.546

g = Hedges's *g*, **P* < 0.05 significantly lower compared to the second set.