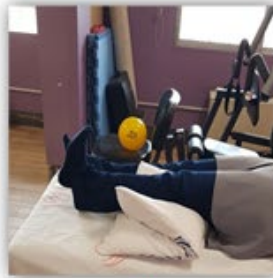
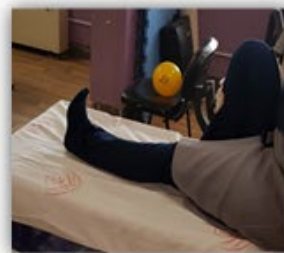




5



4



3



2



1



10



9



8



7



6



14



13



12



11

Figure S1. The images of exercise protocol for SET and IET groups according to the explanations given in Table 1.