Supplementary Material S4. Spaghetti plots of standardized respiratory metrics for each participant during the 30-minutes exercise (N=10).

BF:

HR:
All values are standardized to each participants’ resting values (resting values = 1). In the statistical analyses, values at 15-mins and 20-mins are averaged and compared to resting values.

Abbreviations: BF - blood flow; HR - heart rate; MET - metabolic equivalent; RER - respiratory exchange ratio; VE - minute ventilation; VCO₂ - carbon dioxide production; VO₂ - oxygen consumption.