

**Table 1** Participant characteristics at baseline

	HIT (n = 18)	CON (n = 18)
Age in years [mean (range)]	61.9 (50-81)	62.8 (50-74)
Sex (number male/female)	11/7	10/8
Height (cm)	167.6 ± 10.3	169.2 ± 9.4
Body mass (kg)	79.1 ± 14.4	78.9 ± 18.9
Body Mass Index (kg/m <sup>2</sup> )	28.1 ± 4.4	27.4 ± 5.3
Dominant leg extensor muscle power (watts)	159.2 ± 64.8	161.8 ± 63.2
Dominant handgrip strength (kg)	36.2 ± 10.9	33.9 ± 11.0
Predicted VO <sub>2max</sub> (mL·kg <sup>-1</sup> ·min <sup>-1</sup> )	33.8 ± 8.3	33.9 ± 5.4

Data are presented as mean ± SD unless otherwise stated

HIT, High-intensity interval training group; CON, No-exercise control group