

Supplementary Table 1- Descriptive values at each assessment point

Table 1: Descriptive values at each assessment point

	Control group (MICT)			Intervention group (HIIT)		
	Mean (SD)			Mean (SD)		
	Baseline N= 25	2M (Post-PR) N=17	8M (6M post-PR) N= 17	Baseline N=33	2M (Post-PR) N=19	8M (6M post-PR) N=14
BMI (kg/m²)	27.5 (3.8)	28.3 (4.1)	27.8 (3.9)	27.2 (5.1)	26.5 (4.9)	26.0 (4.7)
Waist/Hip ratio	0.9(0.1)	0.9 (0.1)	0.9 (0.0)	0.9 (0.1)	0.9 (0.1)	0.9 (0.1)
%fat	29.9 (9.3)	33.2 (9.8)	33.7 (8.7)	30.1 (8.1)	27.9 (10.7)	28.5 (9.6)
FVC%,pred.	85.8 (23.9)	88.0 (17.5)	88.7 (24.4)	73.8 (18.8)	68.4 (22.4)	71.3 (24.1)
DLCO%, pred.	53.9 (13.1)	53.6 (13.5)	56.5 (21.1)	41.7 (13.9)	44.9 (20.2)	44.8 (20.3)
6MWD (m)	380 (139.8)	453.9 (108.1)	437.4 (107.9)	364 (108.3)	434.3 (102.3)	421.9 (123.0)
SNIP (cmH₂O)	96.8 (25.9)	103.0 (21.04)	97.8 (21.4)	93.1 (24.5)	102.2 (34.1)	95.3 (29.5)
P_Imax(cmH₂O)	91.1(34.2)	104.3 (28.5)	104.9 (24.0)	91.8 (27.4)	92.8 (28.6)	95 (31.7)
P_Emax(cmH₂O)	114.4 (40.3)	111.1 (33.3)	106.8 (34.5)	100.7 (23.5)	105.1 (24.2)	106.9 (24.7)
Handgrip (kg)	27.2 (11.2)	28.4 (8.4)	27.4 (9.3)	24.8 (9.4)	26.2 (11.4)	27.4 (11.5)
Quads extension (dom) (kg)	18.7 (6.2)	21.8 (5.0)	22.8 (6.1)	18.0 (5.0)	20.0 (5.6)	21.5 (5.4)
Hip flexion (dom) (kg)	15.3 (5.1)	17.9 (4.1)	18.5 (5.1)	15.9 (4.3)	16.5 (4.7)	18.1 (6.3)
HAD-A	6.2 (4.6)	4.8 (3.3)	5.1 (3.7)	6.4 (3.9)	6.4 (4.6)	7.2 (4.2)
HAD-D	5.8 (3.2)	5.0 (3.3)	5.2 (2.3)	5.2 (4.0)	5.1 (3.4)	6.6 (4.2)
SGRQ-I Total score	43.3 (20.3)	35.1 (15.3)	41.5 (19.3)	49.3 (21.8)	40.2 (16.7)	48.9 (21.6)