Day 1
- 9:00-10:00: Rest
- 10:00-11:00: Exercise
- 11:00-12:00: Rest
- 12:00-13:00: Exercise

Day 2
- 9:00: Rest
- 10:00-11:00: Measurement of body composition and blood pressure
- 12:00-13:00: Blood collection

Measurements:
- △: Measurements of body composition and blood pressure
- ●: Measurement of blood glucose
- ○: Oral glucose administration
- ■: Measurement of expiration gas