RCP (ml·kg\(^{-1}\)·min\(^{-1}\))

<table>
<thead>
<tr>
<th>Group</th>
<th>Value (Mean ± SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CTL</td>
<td>29 ± 2</td>
</tr>
<tr>
<td>PLA-HIIT</td>
<td>32 ± 2 *</td>
</tr>
<tr>
<td>HMBFA-HIIT</td>
<td>33 ± 2 *</td>
</tr>
</tbody>
</table>

*Significant difference compared to CTL.