A. VO2 peak (ml/min/kg)

- Pre-Study: 
  - Black square
  - Yellow X
  - Red circle
  - Green triangle

- Post-Study: 
  - Black square
  - Red circle
  - Green triangle

B. HR peak (beats/min)

- Pre-Study: 
  - Black square
  - Red circle
  - Green triangle

- Post-Study: 
  - Black square
  - Red circle
  - Green triangle

C. RER

- Pre-Study: 
  - Yellow X
  - Red circle
  - Green triangle

- Post-Study: 
  - Yellow X
  - Red circle
  - Green triangle

D. Total treadmill-time (min)

- Pre-Study: 
  - Black square
  - Blue triangle

- Post-Study: 
  - Black square
  - Blue triangle

Note: * indicates a significant difference.