#1 Orientation Session* → ABP Monitor **, †

#2 Graded Exercise Test *, ** → ABP Monitor **, †

#3 Experimental Sessions* (40 min, blinded & random order)

20 min Baseline **
Seated Rest

40% VO$_{2}$max *, **, †
CONTROL *, **
Seated Rest

60% VO$_{2}$max

45 min Recovery **
Seated Rest

ABP Monitor **, †