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|  | **Mauchly Test**  (2) | **Greenhouse-Geisser**  () | **rmANOVA**  (F) |
| **Heart Rate (% Max)** | 2 (2) = 15.28  p <0.001 |  = 0.67 | F(1.33, 30.65) =24.85  p < 0.001, 2partial = 0.519 |
| **Raw Cadence (RPM)** | 2 (2) = 20.02  p <0.001 |  = 0.63 | F(1.26, 30.36) =42.06  p < 0.001, 2partial = 0.637 |
| **Normalized Cadence (% faster than baseline)** | 2 (2) = 20.71  p <0.001 |  = 0.63 | F(1.26, 30.12) =41.57  p < 0.001, 2partial = 0.634 |

**Table S1: Omnibus Tests for Exercise Intensity (Aim 1).** Results of the Mauchly test for sphericity, Greenhouse-Geisser corrections, and repeated measured ANOVA are shown for all measures of exercise intensity (Aim 1). Using the Bonferroni-Holm correction to adjust for running 3 repeated measure ANOVAs, there were statistically significant differences for all measures of exercise intensity across the 3 conditions.