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| --- | --- | --- | --- |
|  | **Mauchly Test**  (2) | **Greenhouse-Geisser**  () | **rmANOVA**  (F) |
| **Change in RPE**  **(End – Start)** | 2 (2) = 9.33  p =0.009 |  = 0.74 | F(1.49, 34.18) =31.27  p < 0.001, 2partial = 0.576 |
| **Endpoint RPE ( / 20)** | χ2 (2) = 16.07  p < 0.001 |  = 0.67 | F(1.33, 31.9) = 34.03  p < 0.001, η2partial = 0.586 |
| **IMI Effort ( / 7)** | 2 (2) = 19.88  p <0.001 |  = 0.63 | F(1.27, 30.41) =14.33  p < 0.001, 2partial = 0.374 |
|  | | | |
| **IMI Enjoyment ( / 7)** | 2 (2) = 2.38  p >0.05 | NA | F(2, 48) = 3.83  p = 0.029, 2partial = 0.138 |
| **IMI Total ( / 7)** | 2 (2) = 11.97  p = 0.003 |  = 0.71 | F(1.42, 34.15) = 10.48  p < 0.001, 2partial = 0.304 |

**Table S3: Omnibus Tests for User Experience of Exercise (Aim 2).** Results of the Mauchly test for sphericity, Greenhouse-Geisser corrections, and repeated measured ANOVA are shown for all measures of the user experience of exercise (Aim 2). Using the Bonferroni-Holm correction to adjust for running 5 repeated measure ANOVAs, there were statistically significant differences for all measures of the user experience of exercise across the 3 conditions. Of note, alpha = 0.05 for IMI enjoyment.