

Table S1. Mean changes in HEG from phase to phase of exercise session in **male** (N = 55).

Variables	β	SE	χ^2	p
Intensity* ^				
Moderate	Reference			
Low/Mod	-10.66	9.74	0.62	.27
Low	1.04	8.81	0.01	.91
Very Low	8.45	10.73	1.20	.43
Phase [#]				
Baseline	Reference			
Warmup	12.17	6.02	4.09	.88
Exercise	2.65	5.35	0.24	.46
Cool down	3.34	4.49	0.55	.62
Recovery	-0.51	3.27	0.03	.04
Intensity × Phase				
Very Low × Recovery	-21.08	9.20	5.26	.02
Very Low × Cool down	-8.46	8.18	1.07	.30
Very Low × Exercise	-10.32	6.86	2.26	.13
Very Low × Warmup	-5.62	4.99	1.27	.26
Very Low × Baseline	Reference			
Low × Recovery	-7.32	7.55	0.94	.33
Low × Cool down	-0.87	6.72	0.02	.90
Low × Exercise	-1.93	5.63	0.12	.73
Low × Warmup	-0.32	4.09	0.006	.94
Low × Baseline	Reference			
Low/Mod × Recovery	-10.79	8.35	1.67	.20
Low/Mod × Cool down	-0.11	7.42	<0.001	.99
Low/Mod × Exercise	-0.78	6.23	0.02	.90
Low/Mod × Warmup	0.79	4.53	0.03	.86
Low/Mod × Baseline	Reference			
Weekly frequency of exercise	4.20	2.07	4.12	.04

Results were obtained from a generalized estimating equation (GEE), using a model-based estimator structured as an AR1 correlation matrix with a normal probability distribution and an identity link function.

*Cardiac force meter (CFM) ranges: Moderate, <37.5; Low/Mod(erate), 37.6–42.5; Low, 42.6–47.5; Very Low, > 47.5.

^GEE results are for change from moderate to very low.

[#]GEE results are for change from baseline to recovery.

Table S2. Mean changes in HEG from phase to phase of exercise session in **female** (N = 59).

Variables	β	SE	χ^2	p
Intensity* ^				
Moderate	Reference			
Low/Mod	4.65	8.20	0.32	.57
Low	4.48	7.25	0.38	.54
Very Low	6.78	8.79	0.59	.44
Phase#				
Baseline	Reference			
Warmup	0.27	2.06	0.02	.90
Exercise	6.90	2.86	5.83	.02
Cool down	7.69	3.45	4.98	.03
Recovery	7.01	3.91	3.21	.07
Intensity × Phase				
Very Low × Recovery	-6.08	6.06	1.26	.26
Very Low × Cool down	-7.27	5.34	1.85	.17
Very Low × Exercise	-5.50	4.43	1.54	.22
Very Low × Warmup	1.08	3.19	0.11	.74
Very Low × Baseline	Reference			
Low × Recovery	-4.32	5.00	0.75	.39
Low × Cool down	-1.03	4.41	0.06	.82
Low × Exercise	-1.87	3.66	0.26	.61
Low × Warmup	0.66	2.63	0.06	.80
Low × Baseline	Reference			
Low/Mod × Recovery	6.81	5.64	1.46	.23
Low/Mod × Cool down	5.78	4.97	1.35	.25
Low/Mod × Exercise	1.34	4.12	0.11	.75
Low/Mod × Warmup	1.14	2.96	0.5	.70
Low/Mod × Baseline	Reference			
Weekly frequency of exercise	1.86	2.14	0.75	.39

Results were obtained from a generalized estimating equation (GEE), using a model-based estimator structured as an AR1 correlation matrix with a normal probability distribution and an identity link function.

*Cardiac force meter (CFM) ranges: Moderate, <37.5; Low/Mod(erate), 37.6–42.5; Low, 42.6–47.5; Very Low, > 47.5.

^GEE results are for change from moderate to very low.

#GEE results are for change from baseline to recovery.