|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 1.** EXMP-CRE subjects’ VO2max classifications by sex over study period. | | | | | | |
|  | **Female Participants (n = 21)** | |  | **Male Participants (n = 7)** | |
| **Classification** | **Pre** | **Post** |  | **Pre** | **Post** |
| Poor | 10 | 11 |  | 5 | 6 |
| Fair | 8 | 9 |  | 2 | 1 |
| Good | 3 | 1 |  |  |  |
| Excellent |  |  |  |  |  |
| Superior |  |  |  |  |  |
| All VO2max classifications reflect those listed by Gibson, Wagner, and Heyward [30]. Subjects’ age groups were removed for readability and VO2max classifications are listed only by biological sex. | | | | | |

**Supplemental Digital Content 4:** EXMP-CRE subjects’ VO2max classifications by sex over study period.