

Table 1: After matching (1:3 Ratio) HR.max, METs, Age, Sex

	<b>CTRL</b>	<b>EXP</b>	<b>p</b>	<b>test</b>	<b>SMD</b>	<b>rSMD</b>
n	252	84				
Age_atTest (median [IQR])	13.57 [12.17, 15.05]	13.38 [12.19, 14.87]	0.617	nonnorm	-0.055	0.024
Sex = Male (%)	148 (58.7)	51 (60.7)	0.848		0.040	0.040
BMI (median [IQR])	20.44 [18.45, 23.25]	19.26 [17.50, 22.43]	0.036	nonnorm	-0.138	0.045
Exer_METS_Achieved (median [IQR])	14.10 [13.10, 15.30]	14.65 [13.10, 15.30]	0.528	nonnorm	-0.018	-0.025
Treadmill_minutes (median [IQR])	9.33 [8.20, 10.50]	9.12 [8.16, 11.00]	0.791	nonnorm	0.067	-0.012
Seated_resting_heart_rate (median [IQR])	76.00 [68.00, 86.25]	75.50 [66.75, 84.25]	0.311	nonnorm	-0.114	0.007
HR.max (median [IQR])	196.00 [193.00, 200.25]	195.00 [193.00, 196.25]	0.077	nonnorm	-0.276	0.027







