**Supplementary Material**

**Supplementary Tables**

**Table 1.** Anthropometric and physiological data for female (n = 6) and male (n = 6) participants. Data are displayed as means ± standard deviation.

|                  | Female (n=6) | Male (n=6) | All (N = 12) |
|------------------|--------------|------------|--------------|
| Age (years)      | 30.5 ± 6.7   | 28.5 ± 3.7 | 29.5 ± 5.3   |
| Height (cm)      | 161.8 ± 5.7  | 173.9 ± 7.5| 167.9 ± 8.9  |
| Weight (kg)      | 60.5 ± 5.1   | 81.3 ± 14.5| 70.9 ± 15.0  |
| BF (%)           | 20.1 ± 3.4   | 10.0 ± 3.8 | 15.0 ± 6.3   |
| VO\textsubscript{2}peak (mL· min\textsuperscript{-1}·kg\textsuperscript{-1}) | 43.2 ± 3.6 | 54.3 ± 3.4 | 48.7 ± 6.7   |

N= 12. cm= centimetres, kg = kilograms; BF (%) = body fat percentage; VO\textsubscript{2}peak = peak oxygen consumption; ml = milliliters, min = minute

**Table 2.** Repetitions performed during BW-HIIE (N = 12).

| Exercise              | Set 1   | Set 2   | P-value | g     |
|-----------------------|---------|---------|---------|-------|
| High knees            | 185 ± 16| 183 ± 22| 0.770   | 0.100 |
| Squat jumps           | 50 ± 6  | 47 ± 8  | 0.022*  | 0.410 |
| Scissor Jacks         | 154 ± 13| 153 ± 10| 0.481   | 0.083 |
| Jumping Lunges        | 55 ± 10 | 51 ± 11 | 0.527   | 0.367 |
| Modified Burpees      | 24 ± 3  | 22 ± 4  | 0.076   | 0.546 |

\(g\) = Hedges’s \(g\), \(*P <0.05\) significantly lower compared to the second set.