

Figure 1. Schematic of study protocol.

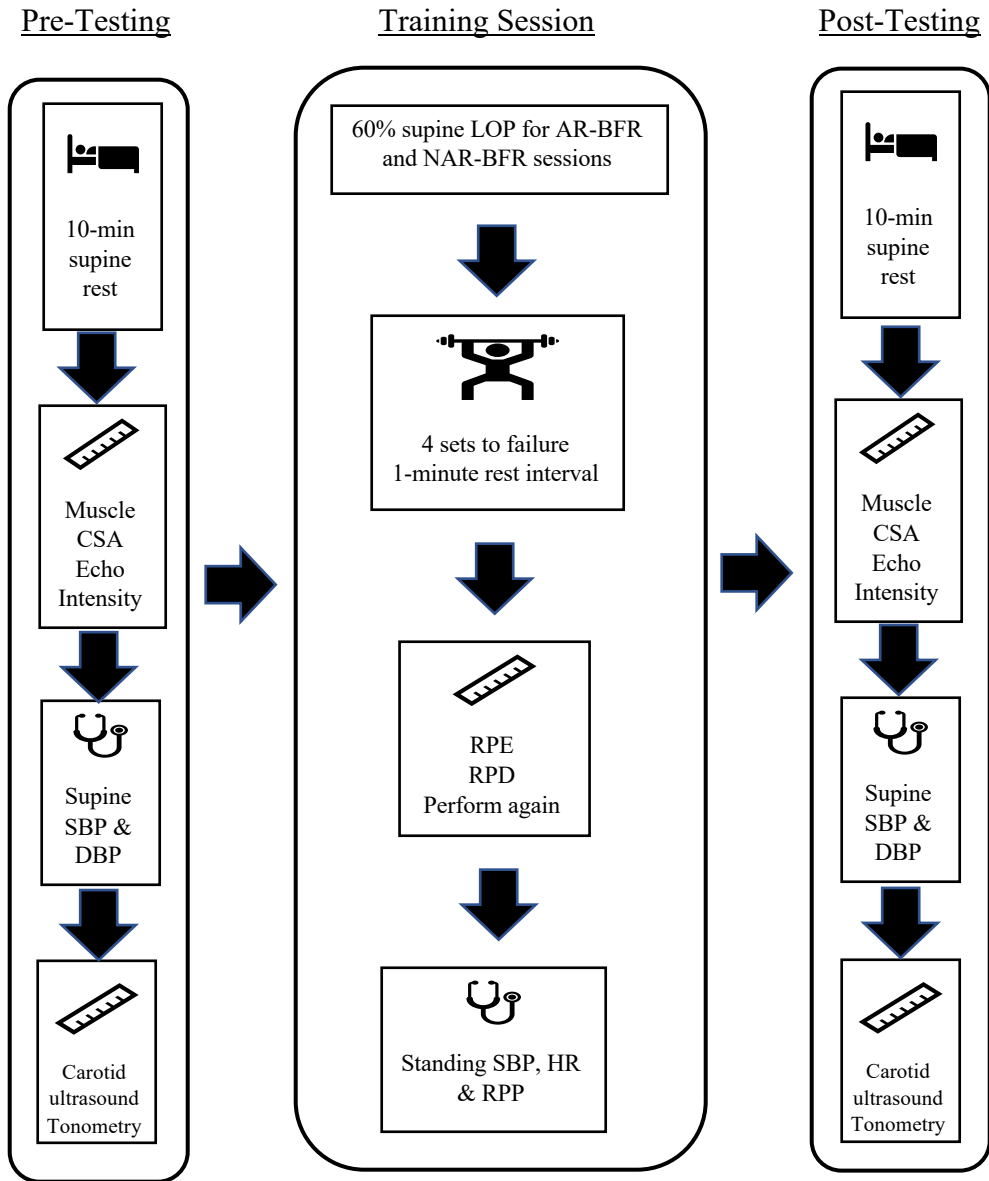


Figure 2. Schematic of all treatment sessions.

CSA, cross sectional area; SBP, systolic blood pressure; DBP, diastolic blood pressure; RPE, rating of perceived exertion, RPD, rating of perceived discomfort; Perform again, 10-point Likert scale assessing desire to perform exercise again; HR, heart rate; RPP, rate pressure product