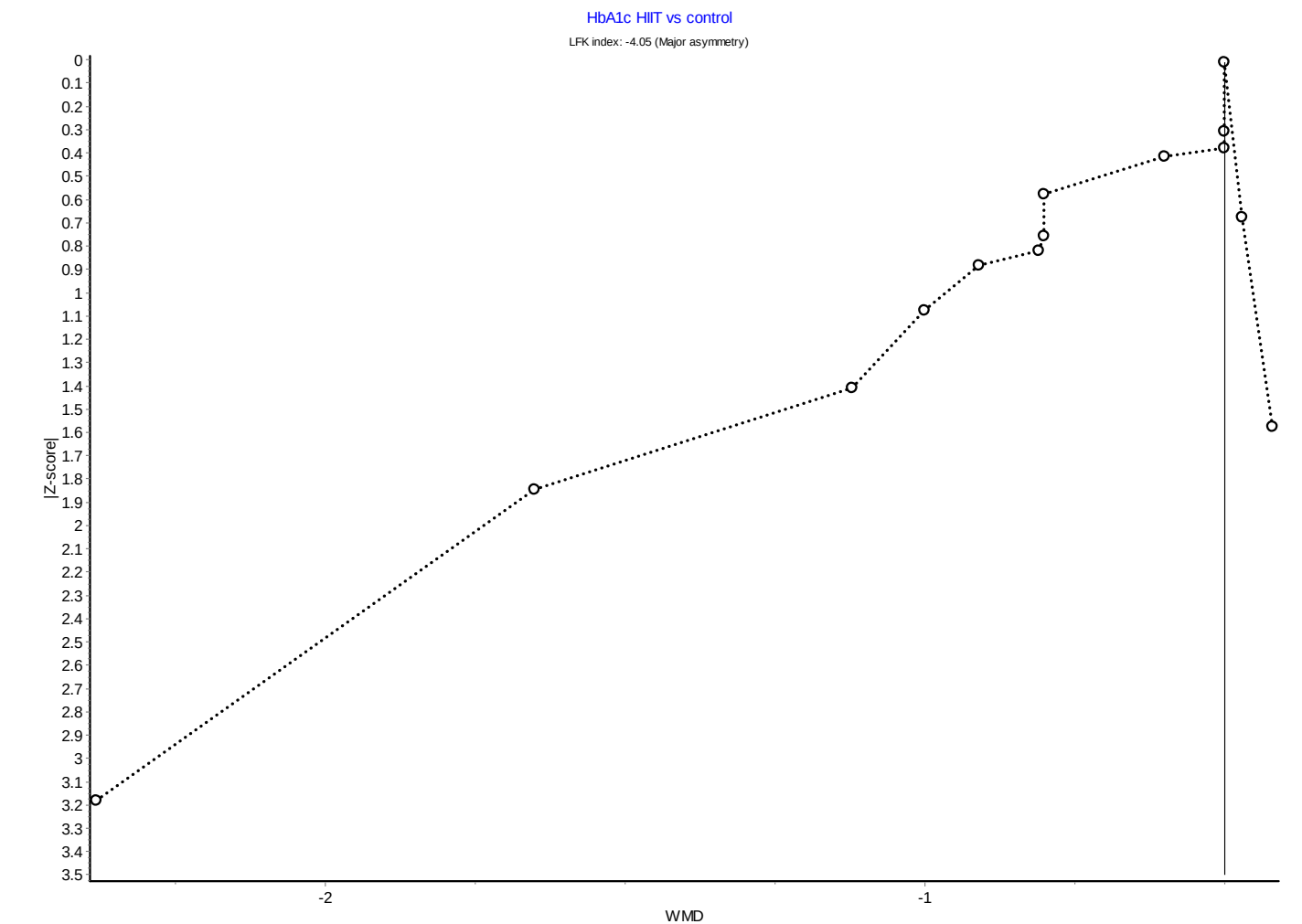
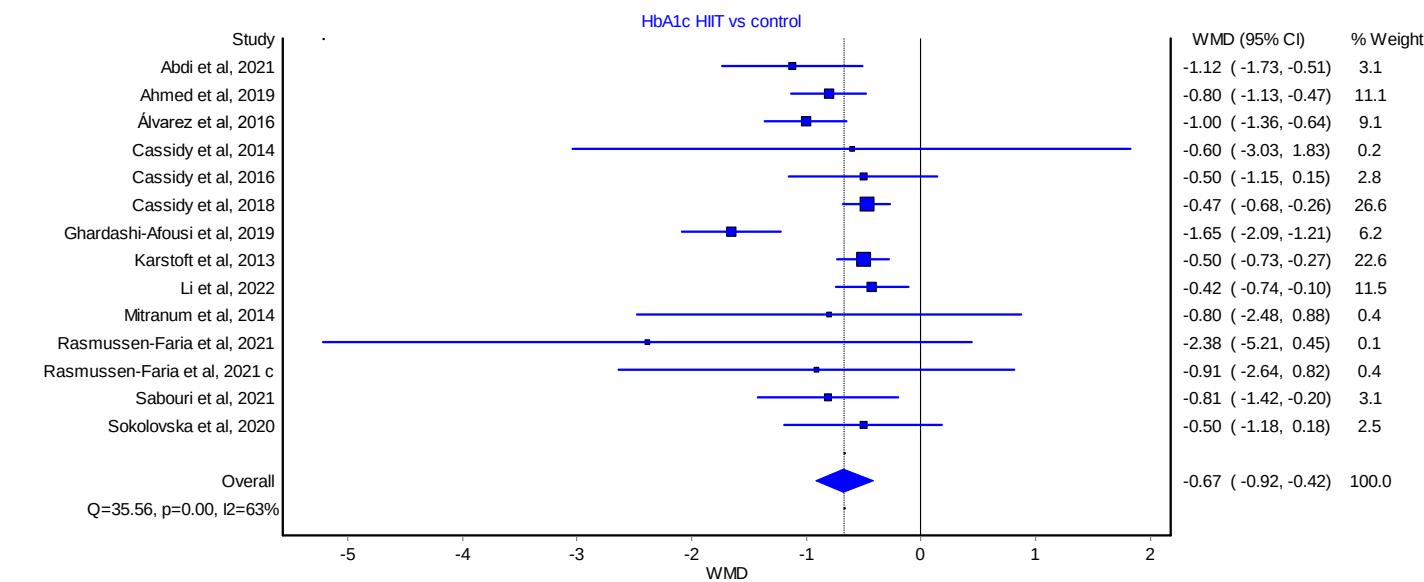
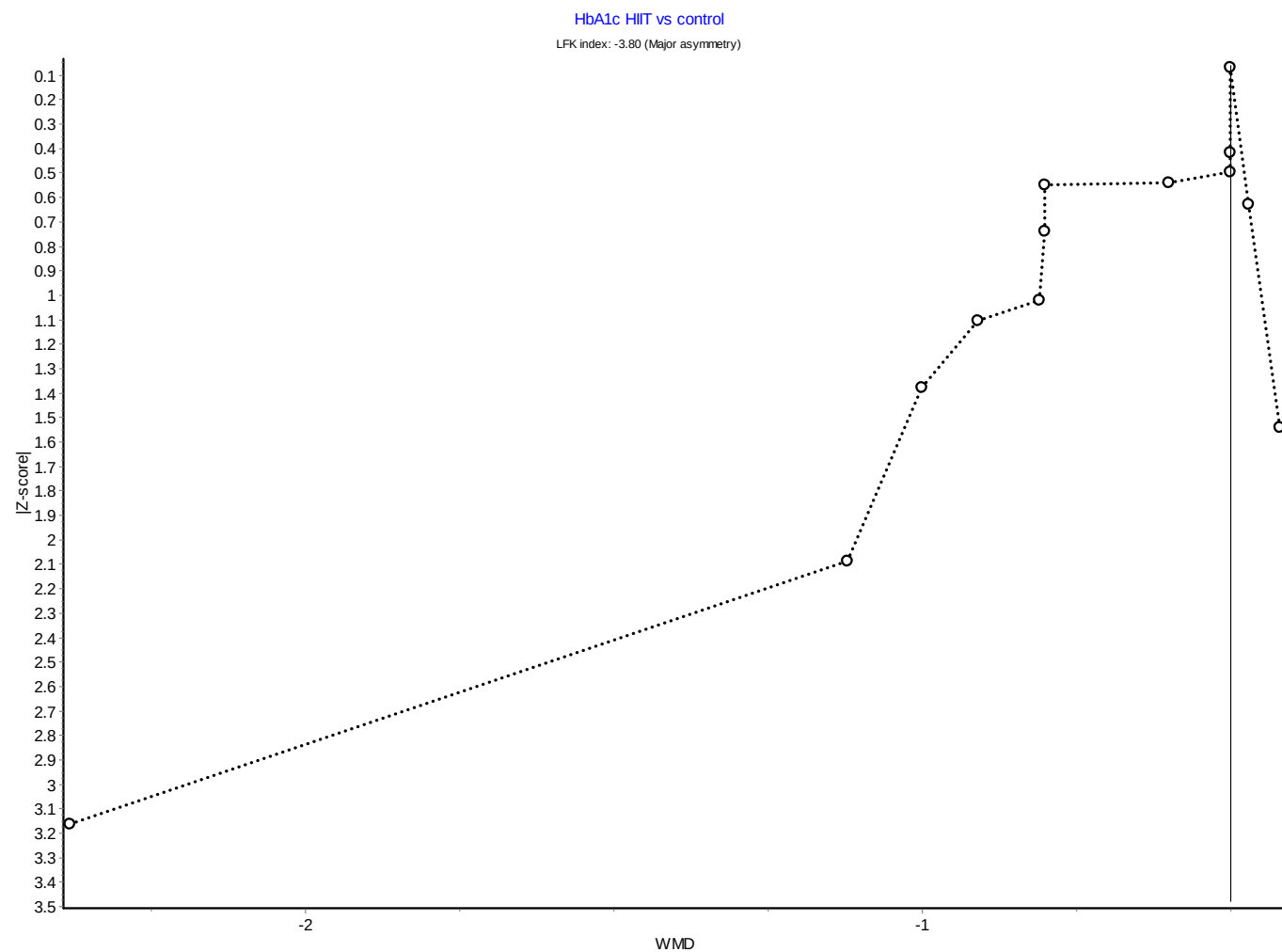
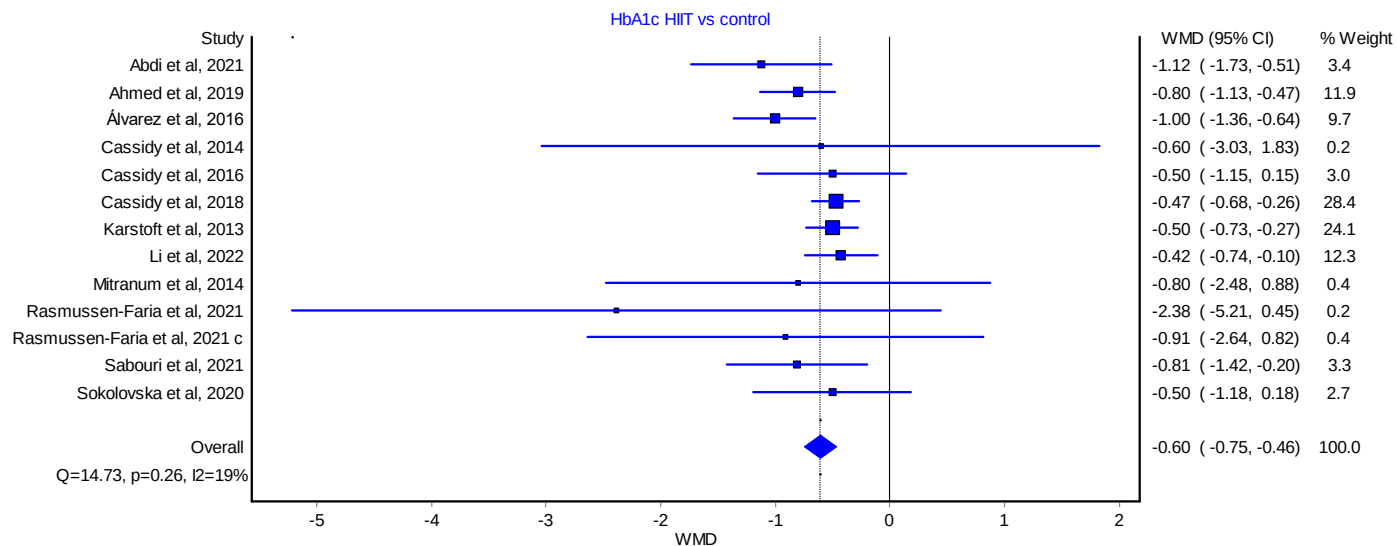


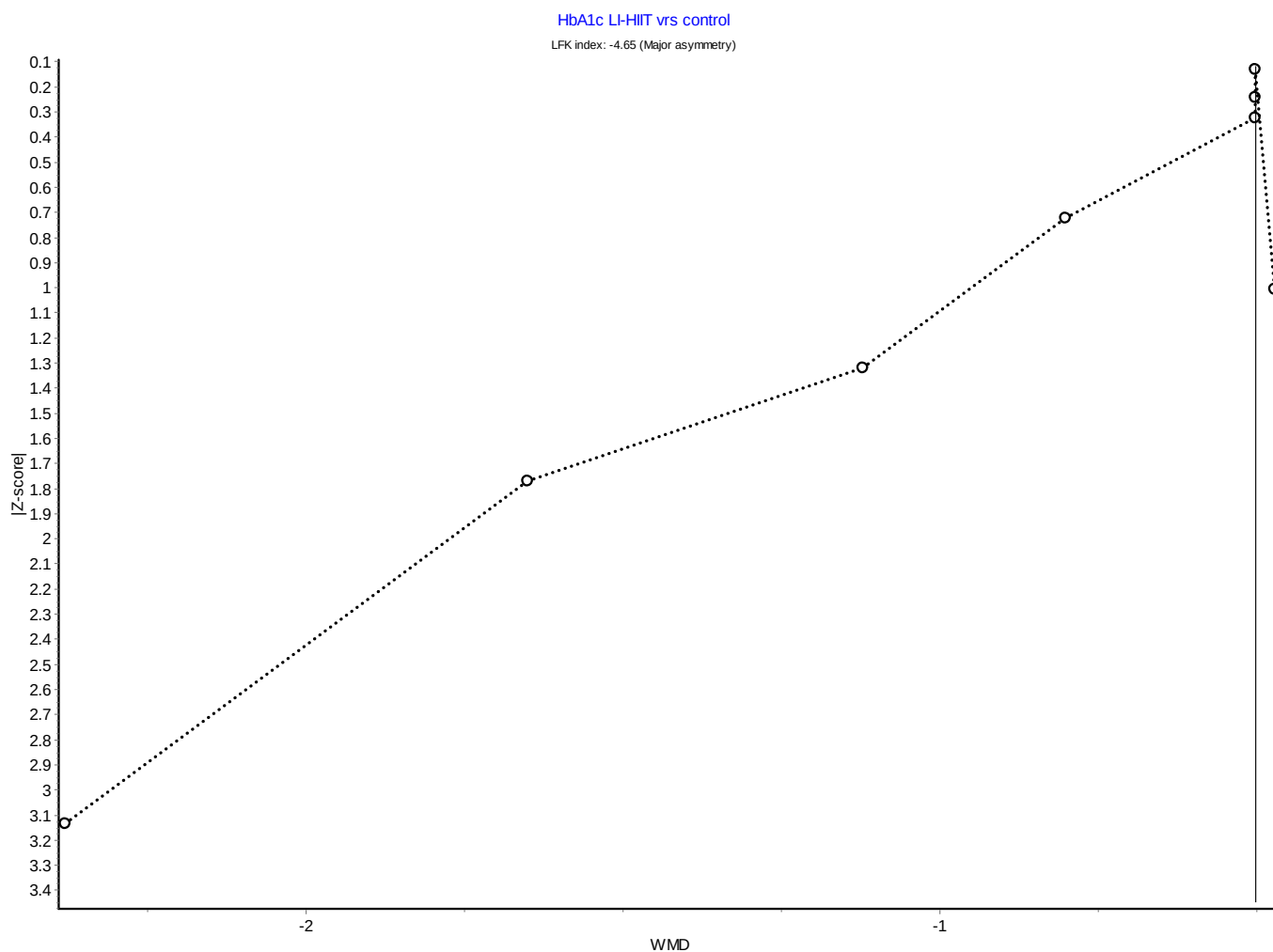
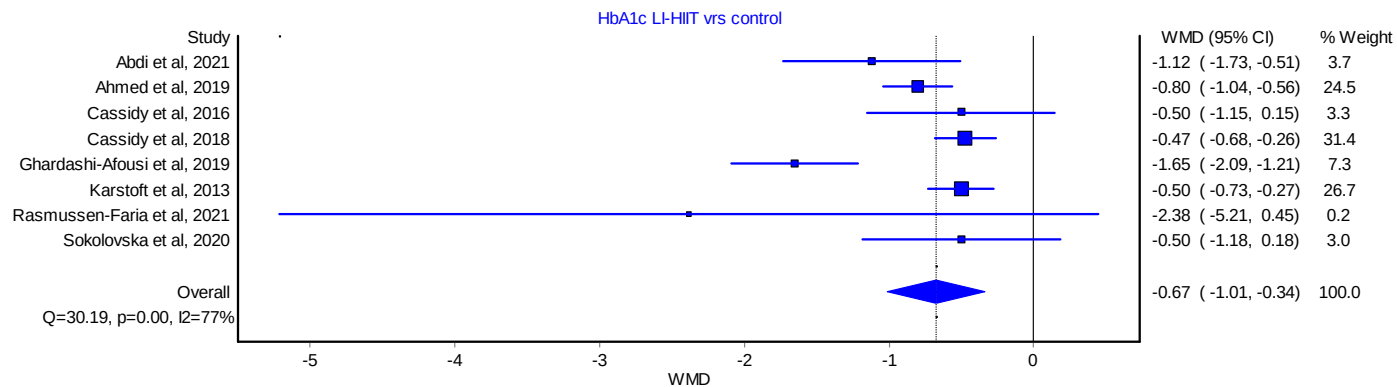
HIIT vs control

HbA1c:

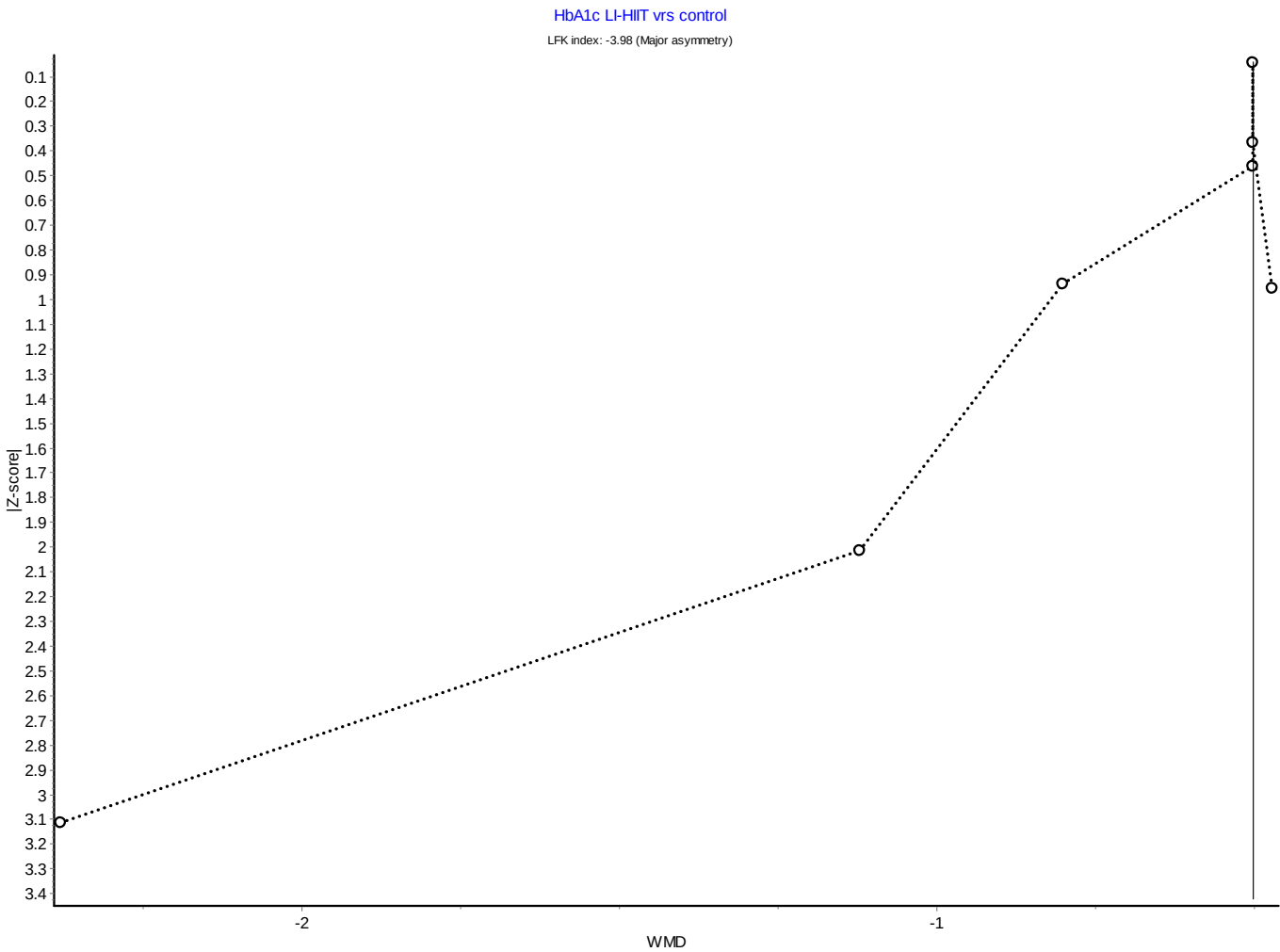
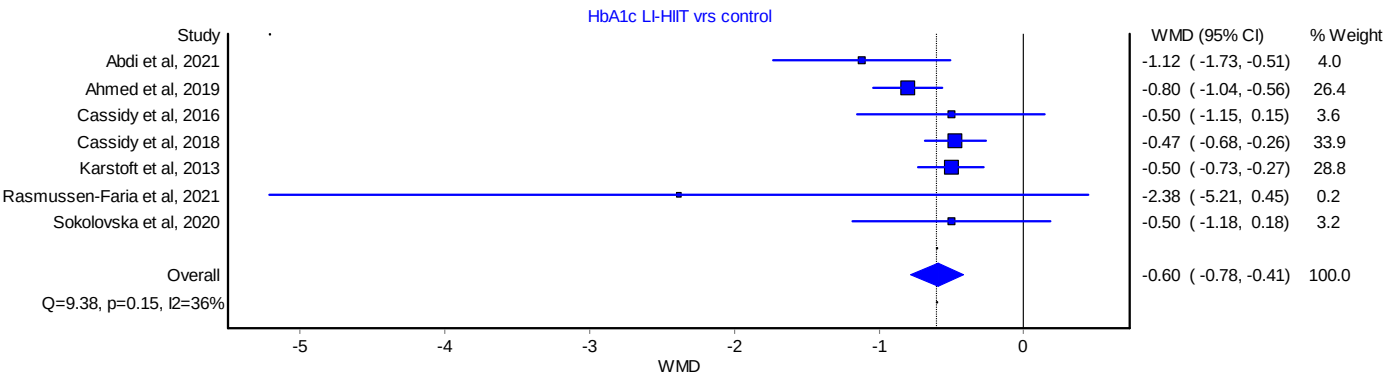


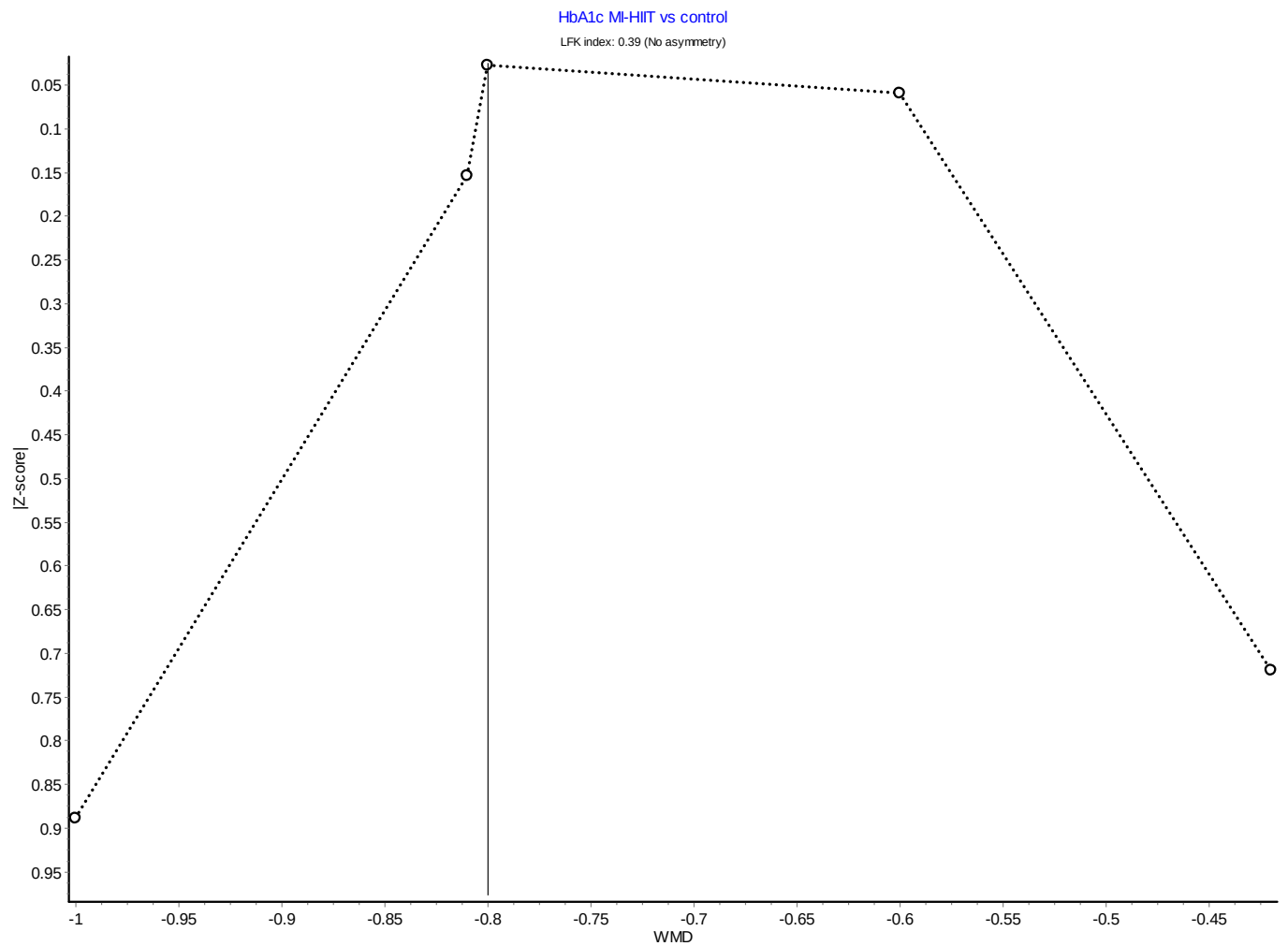
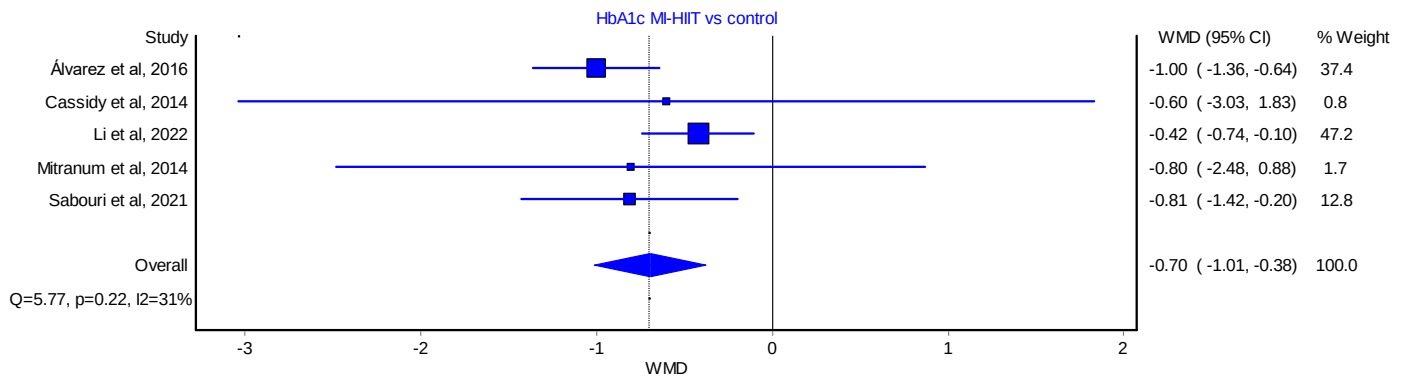
Sensibilidad:

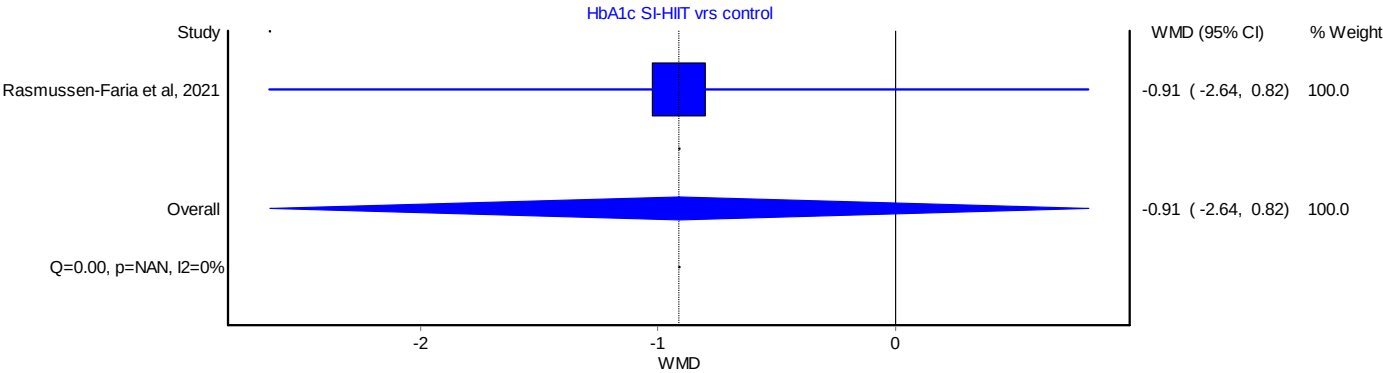




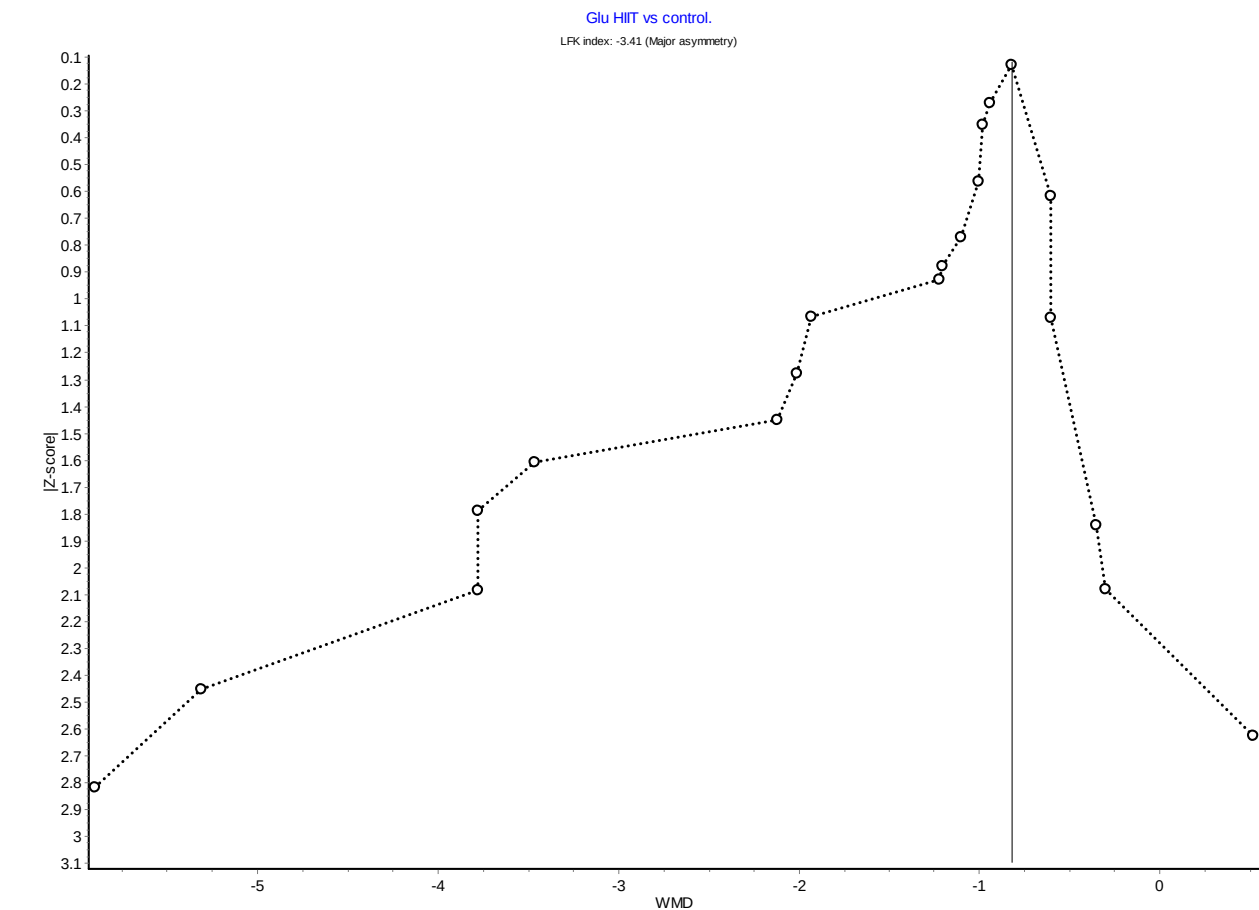
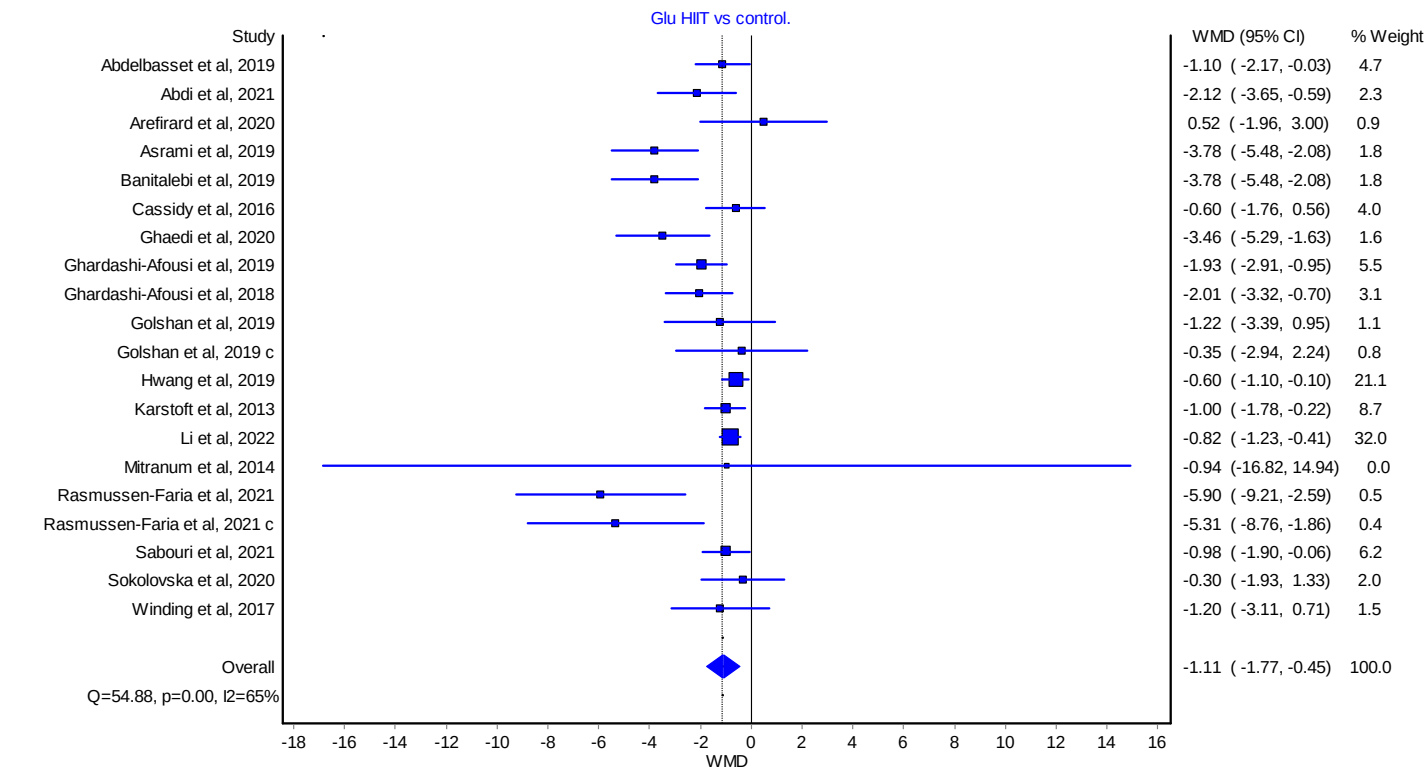
Sensibilidad:

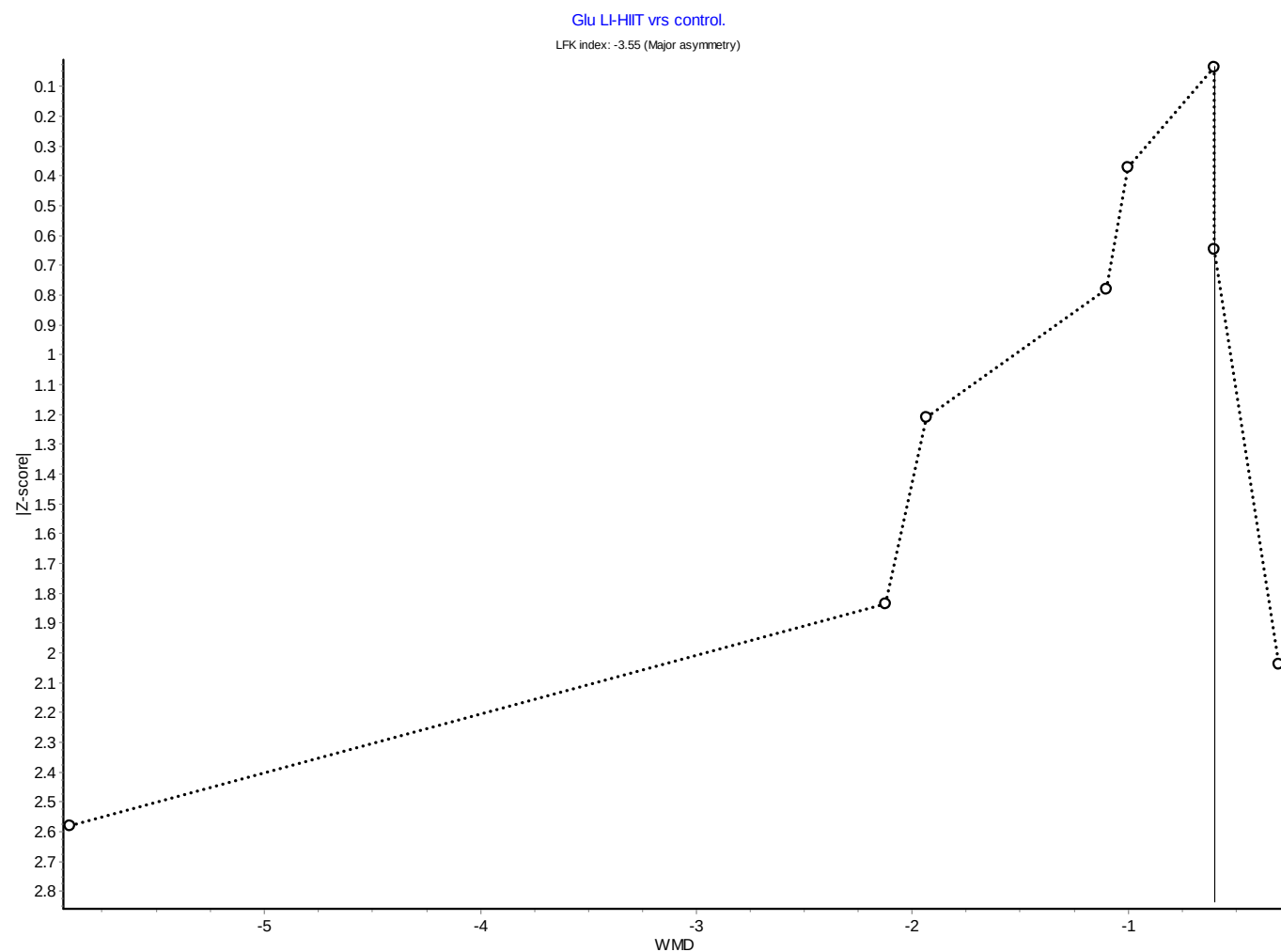
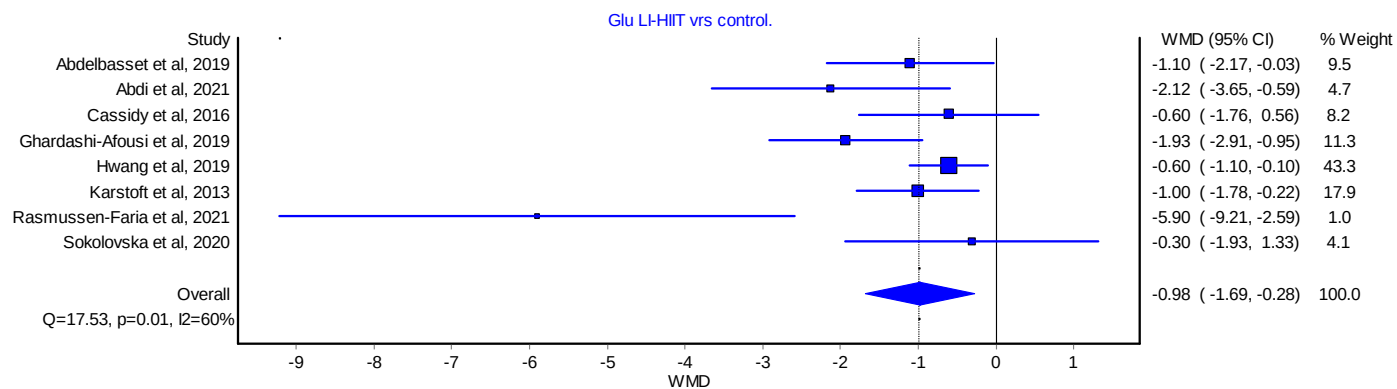




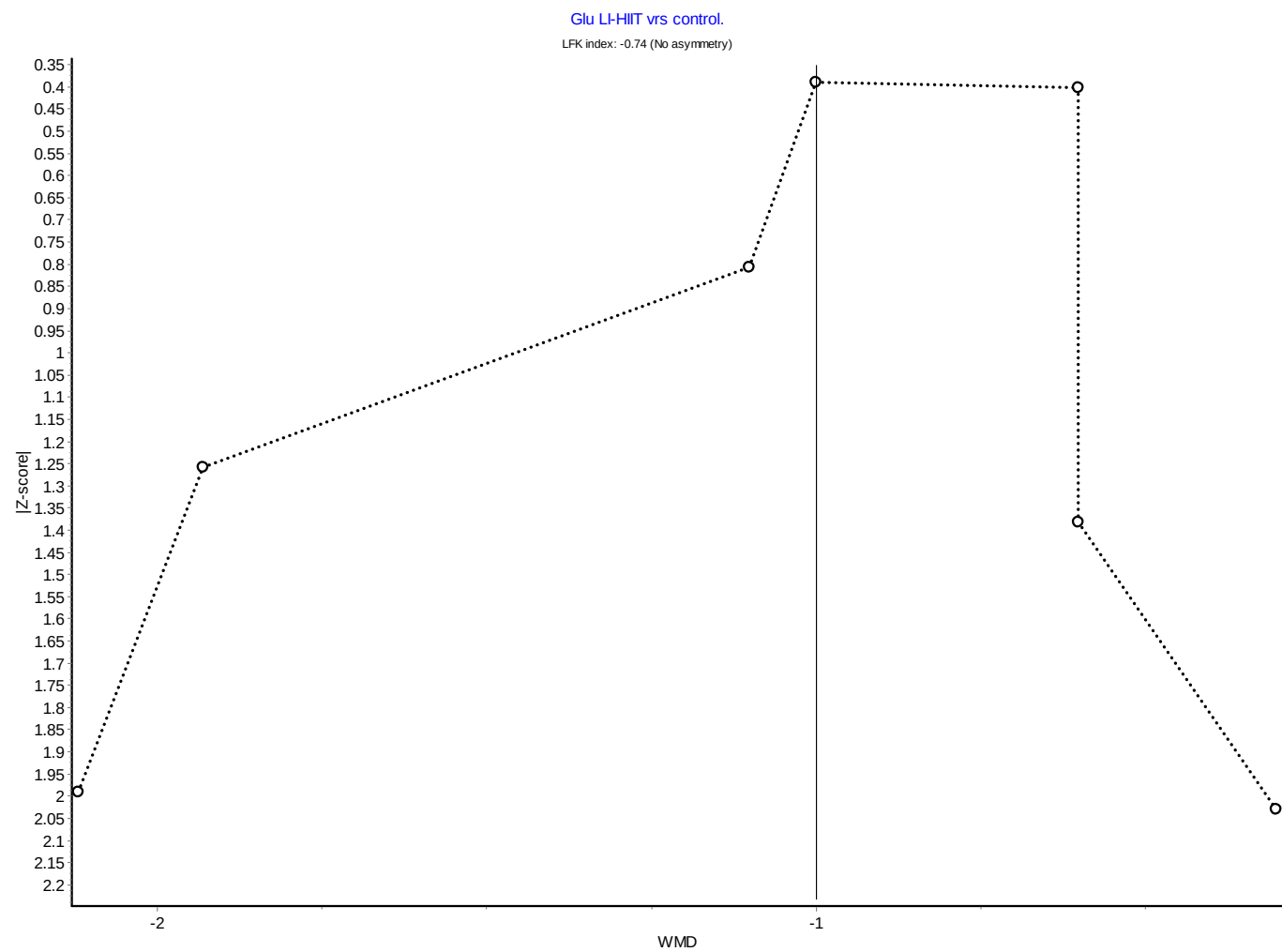
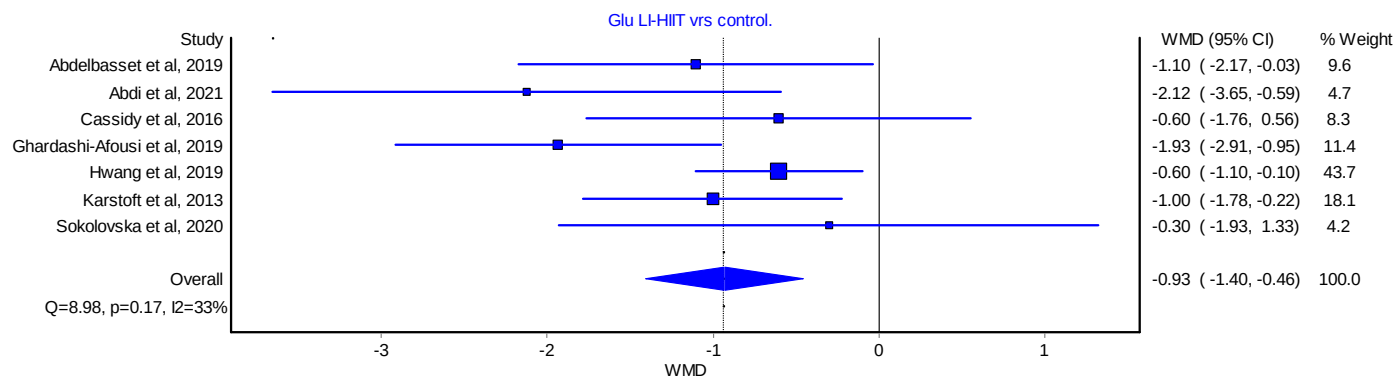


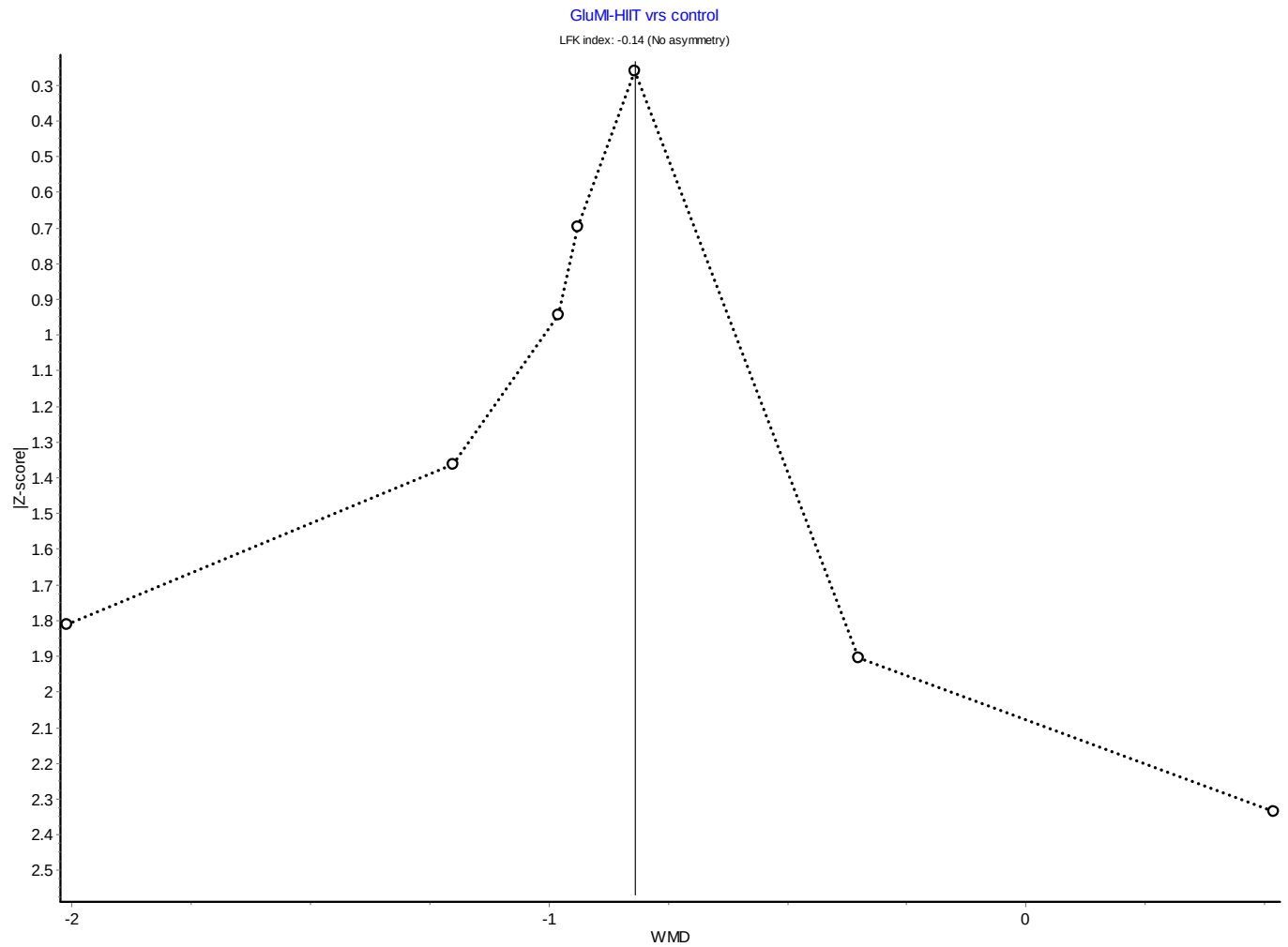
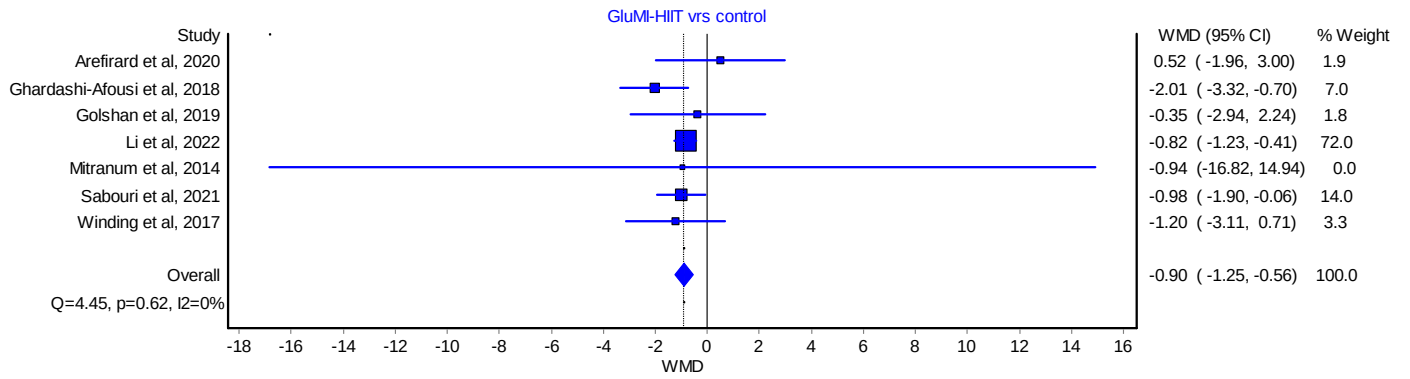
Glicemia

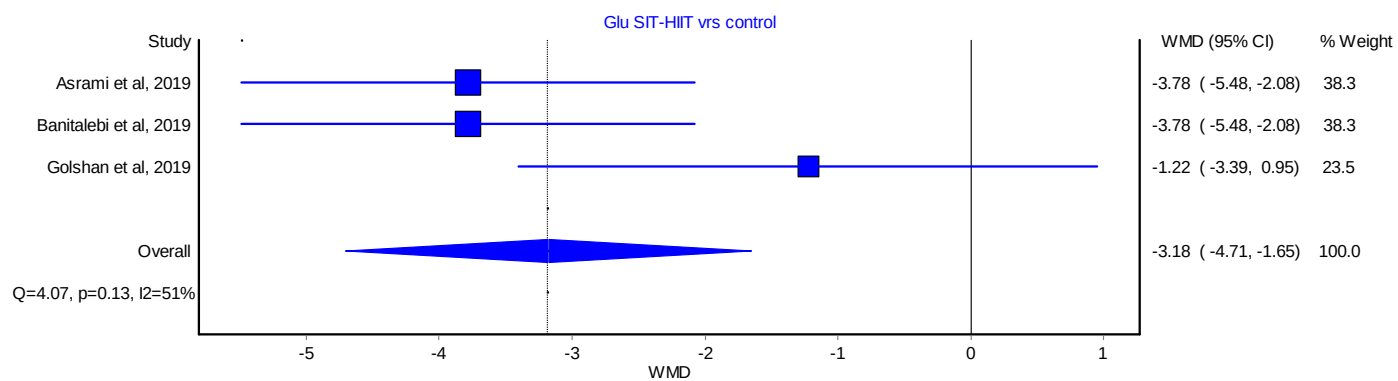
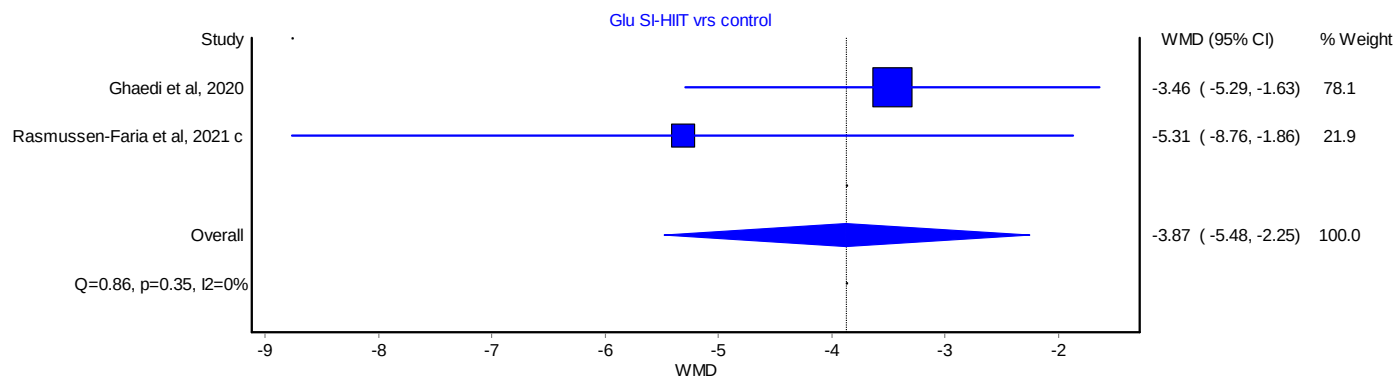




Sensibilidad:

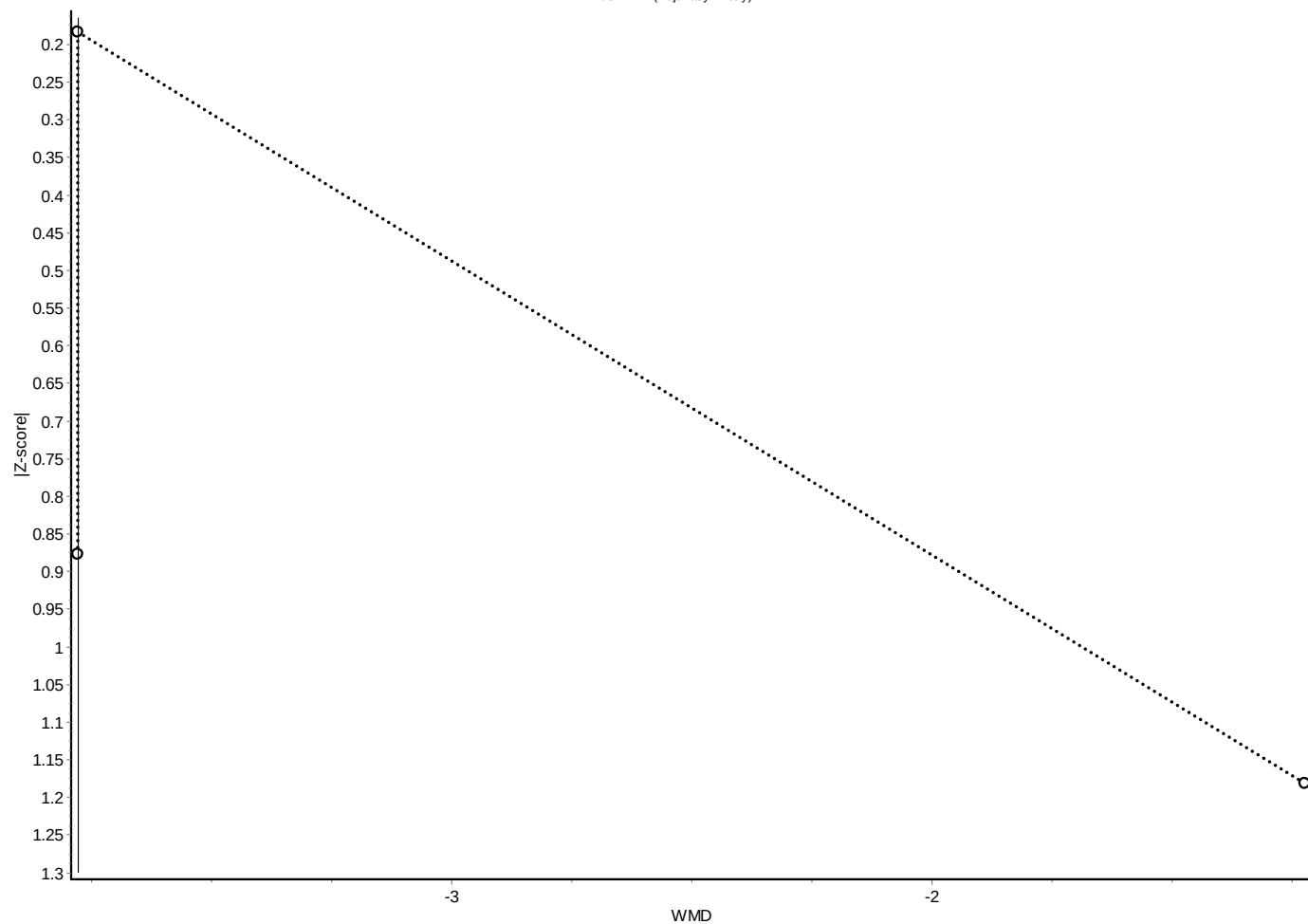




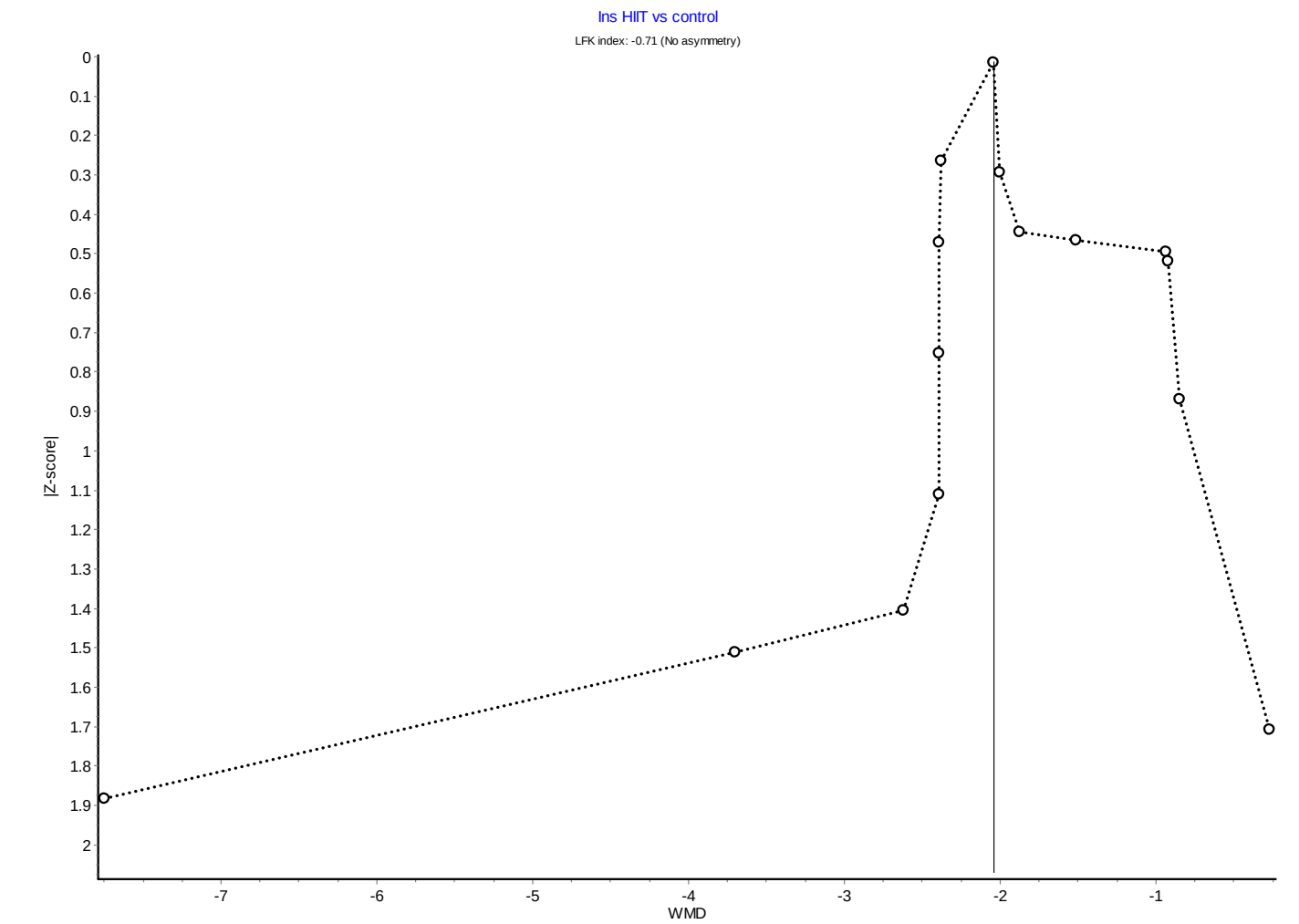
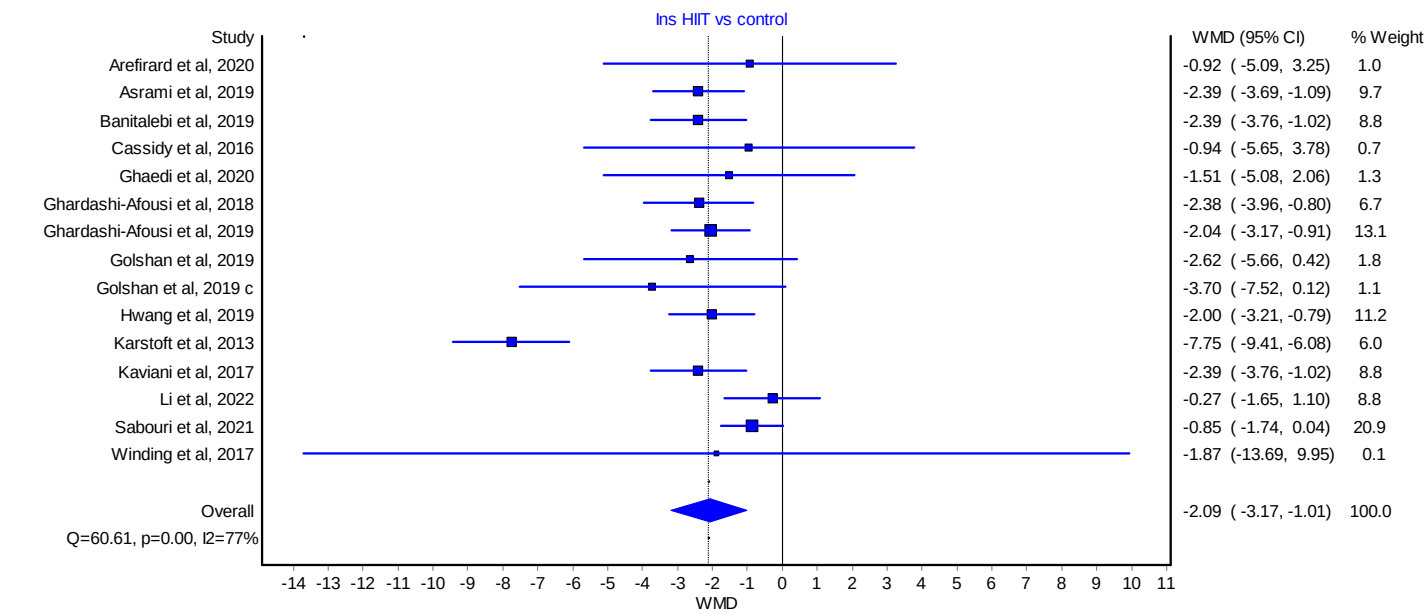


Glu SIT-HIT vrs control

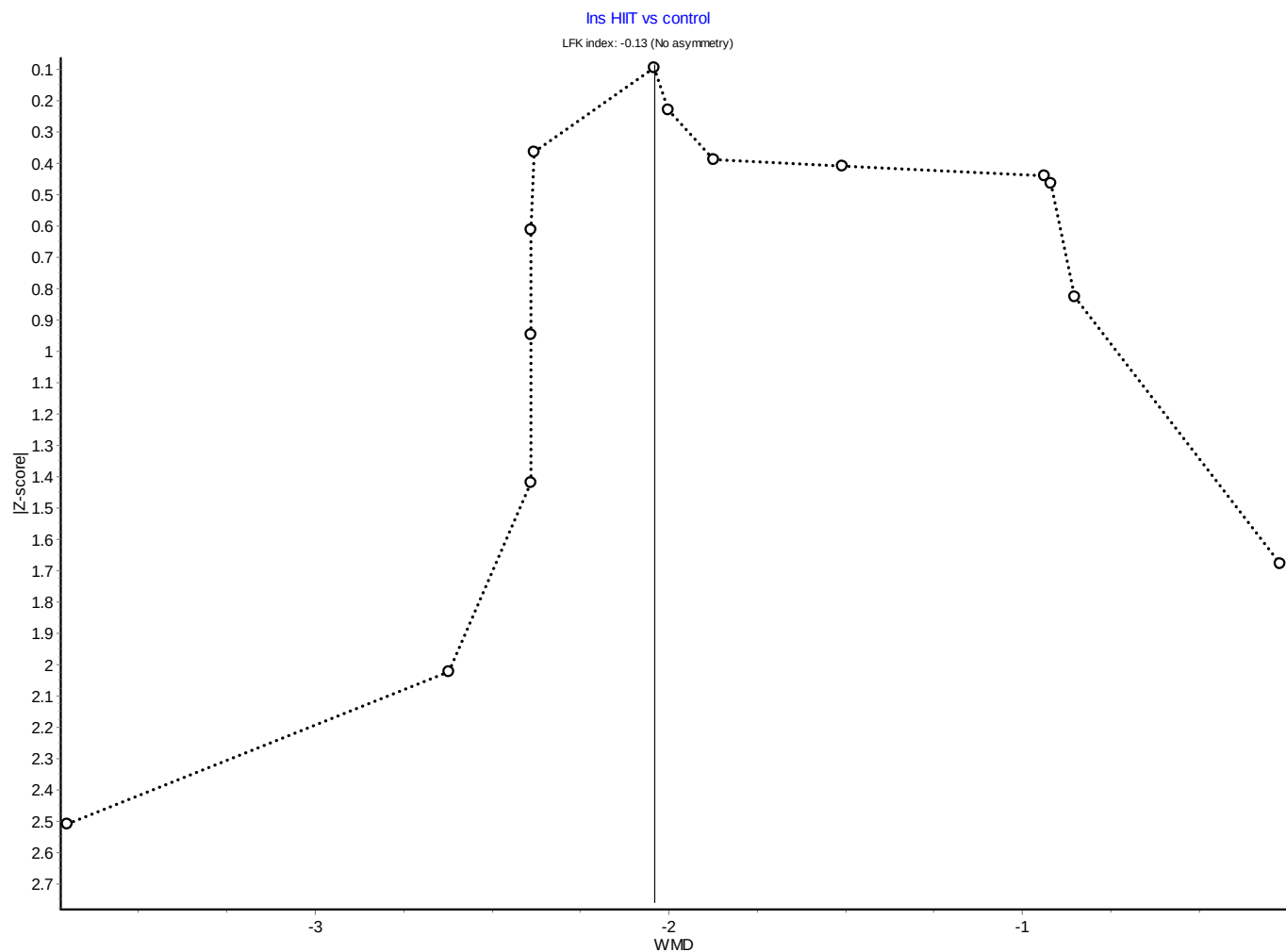
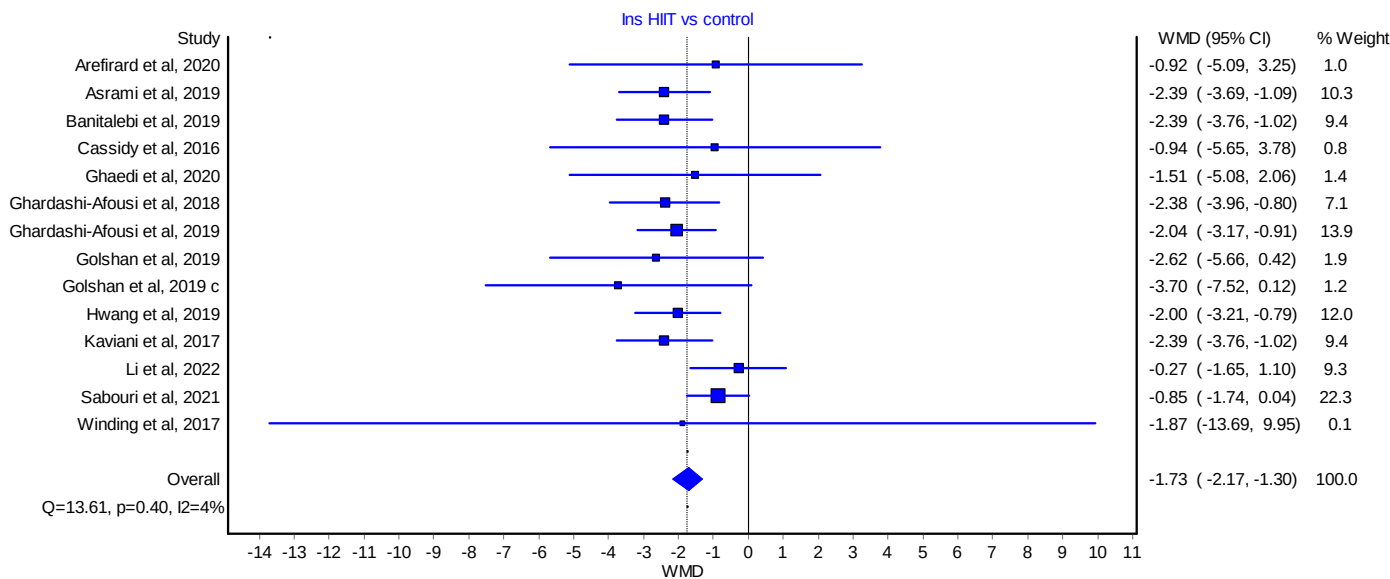
LFK index: 2.12 (Major asymmetry)

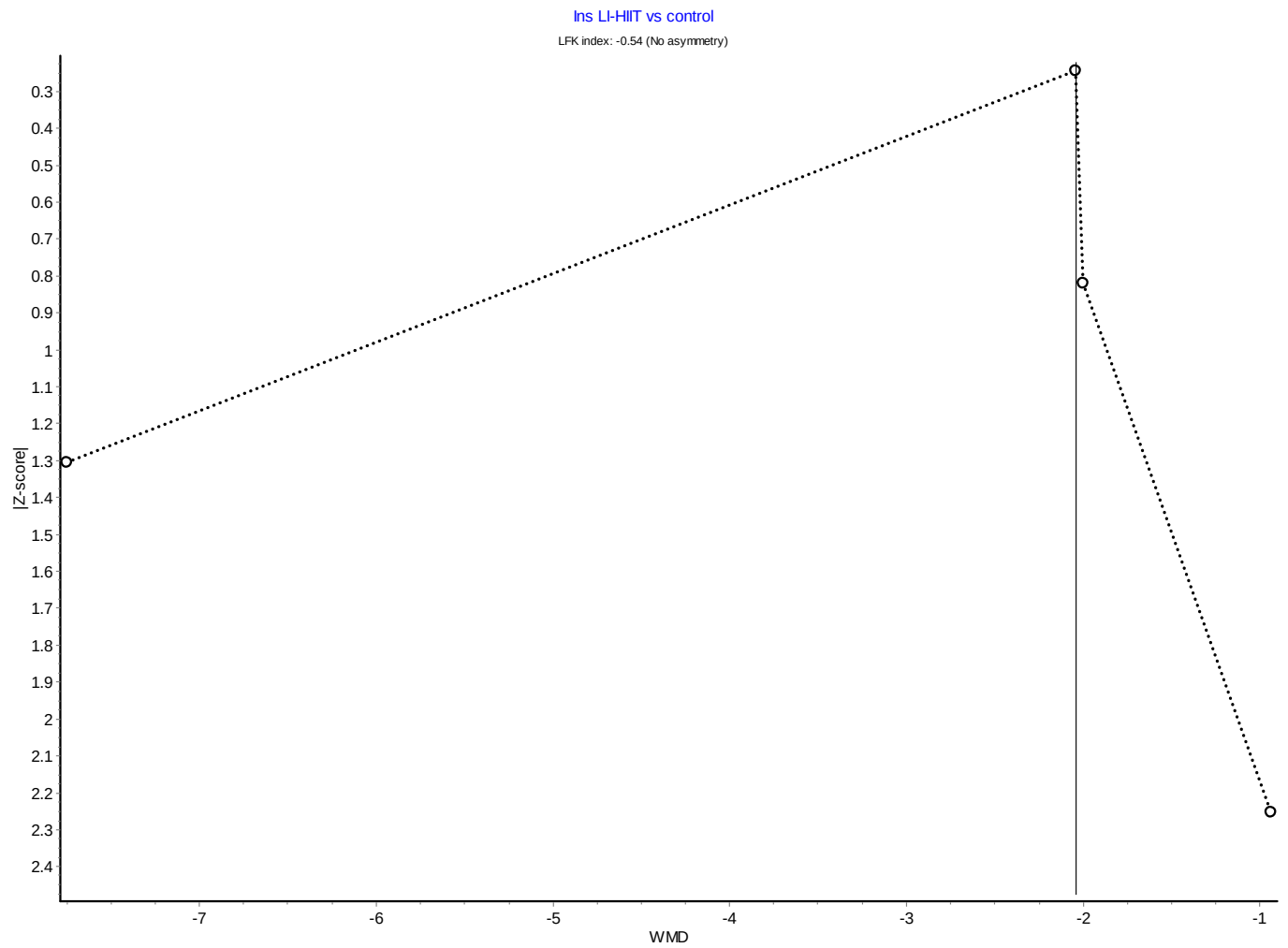
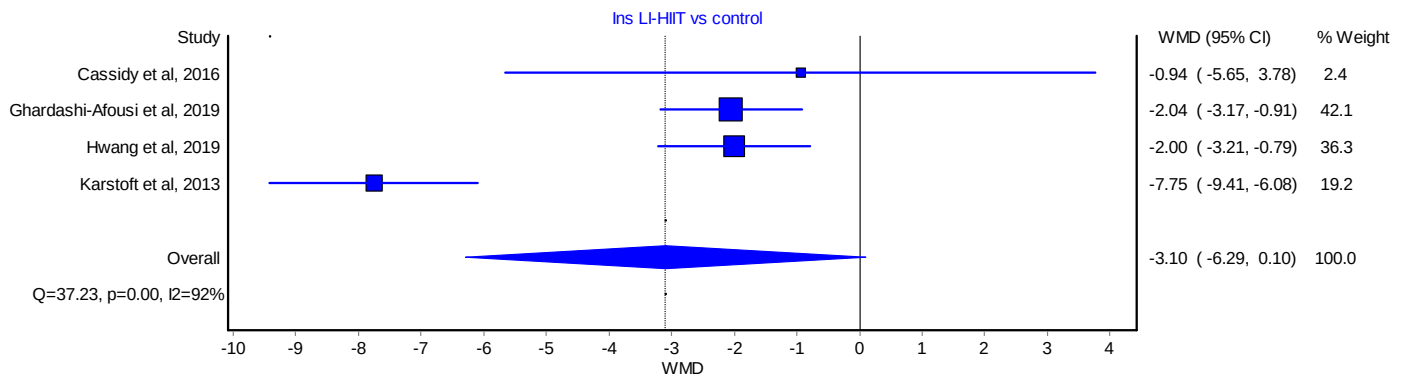


Insulinemia:

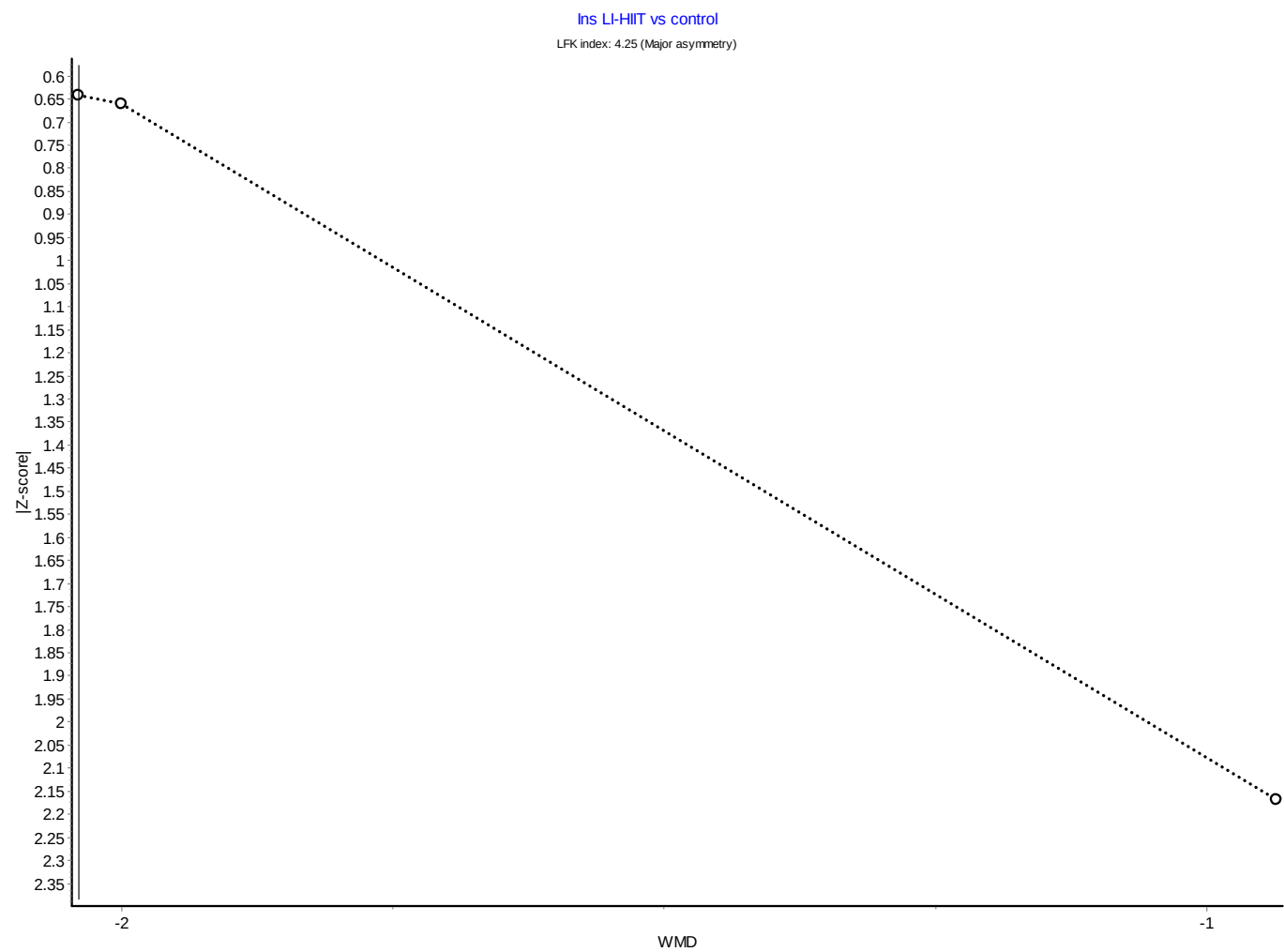
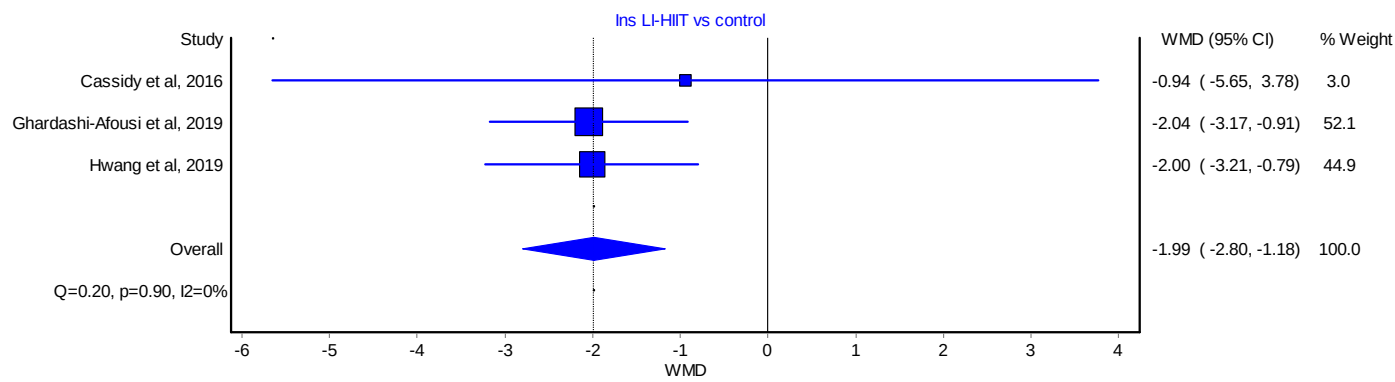


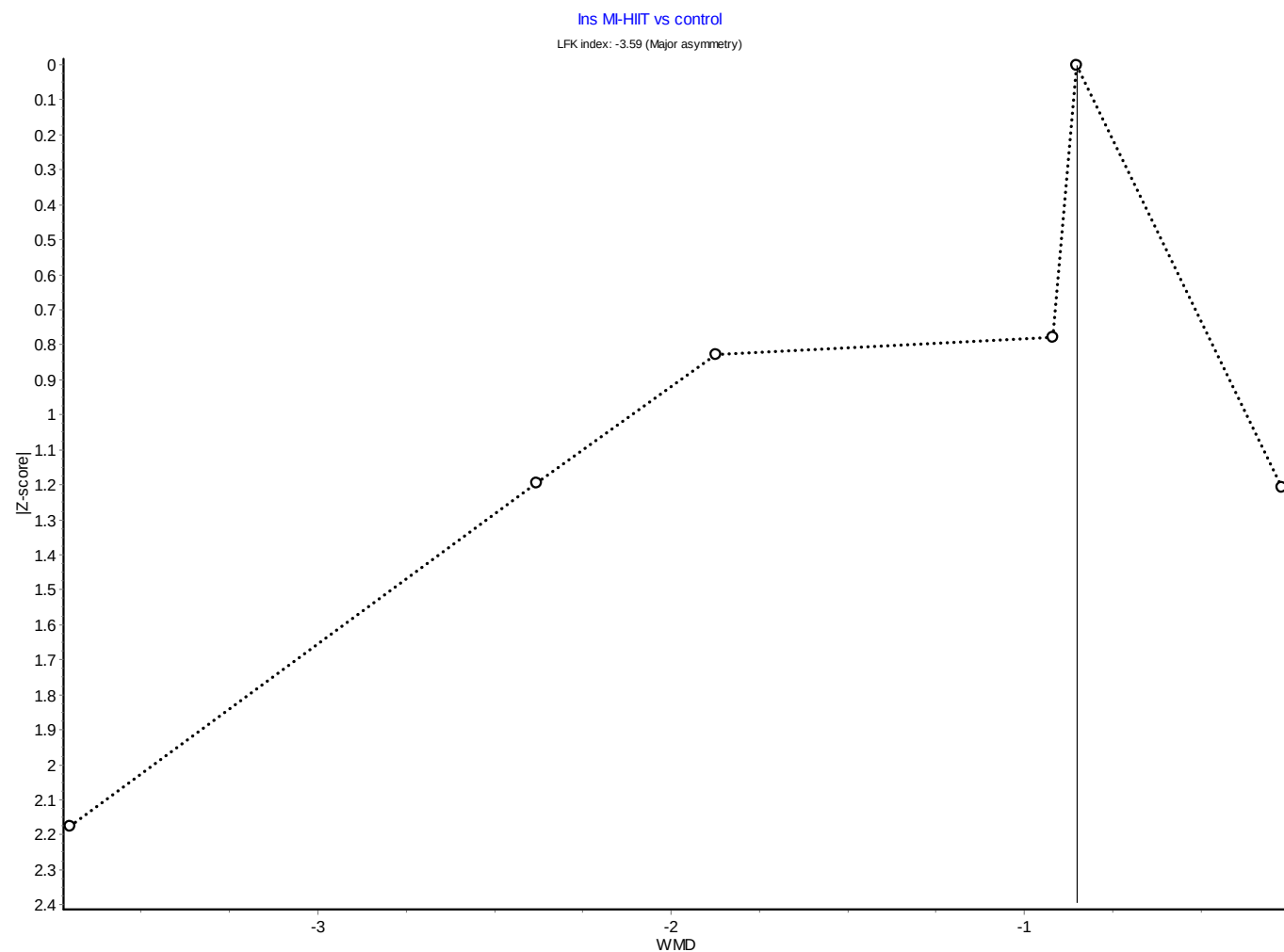
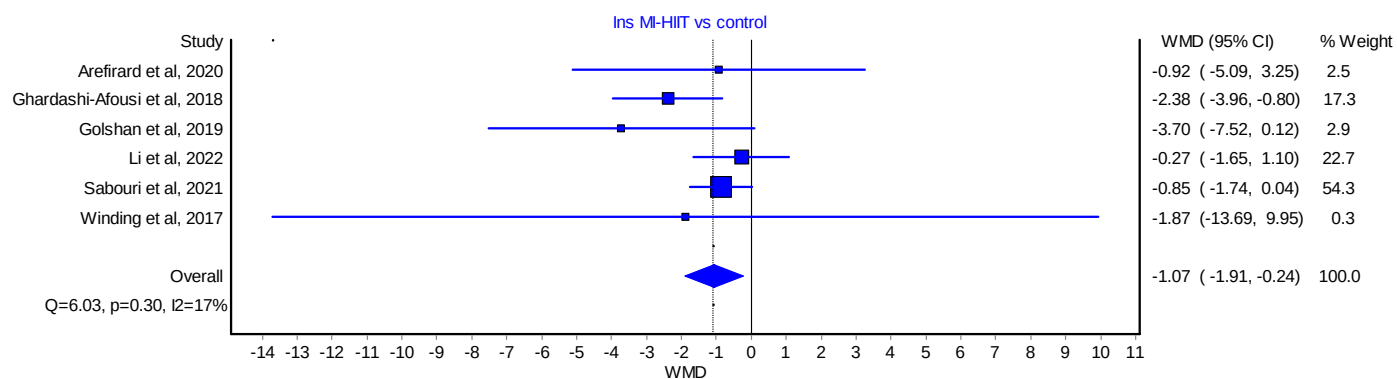
Sensibilidad

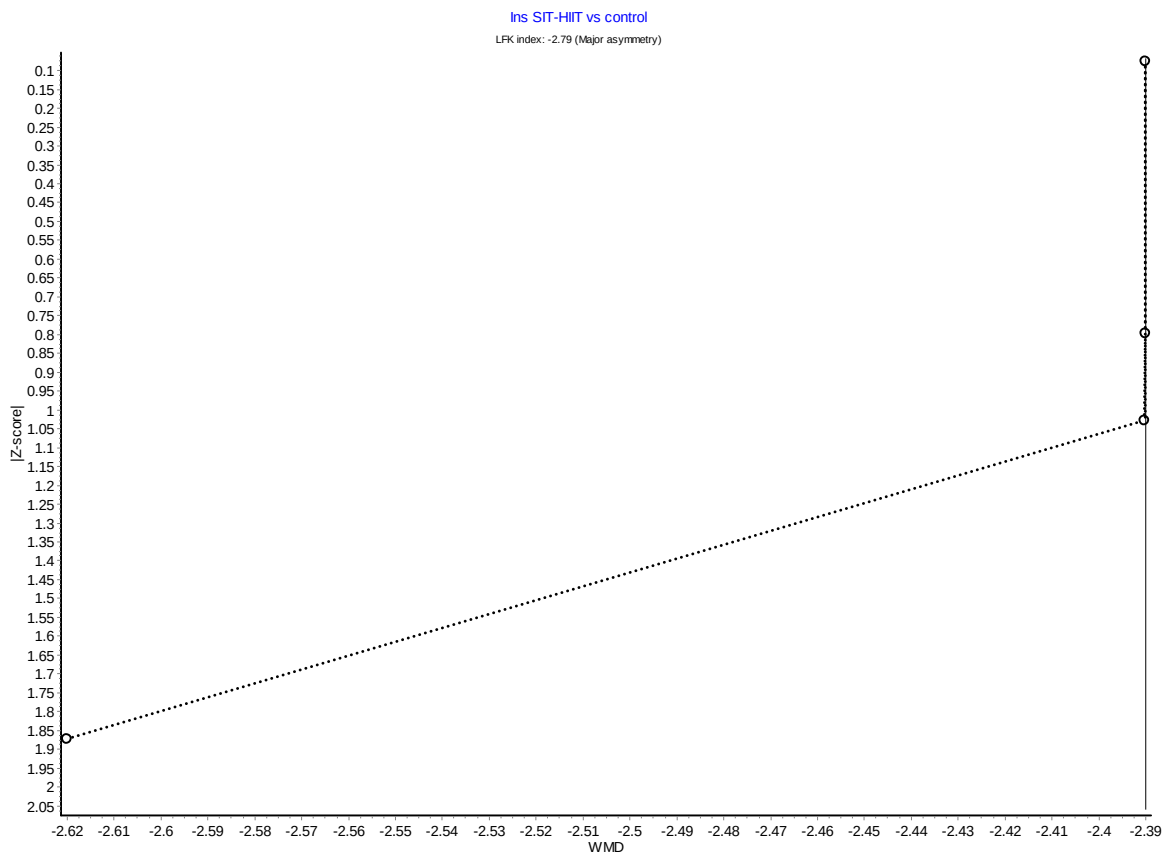
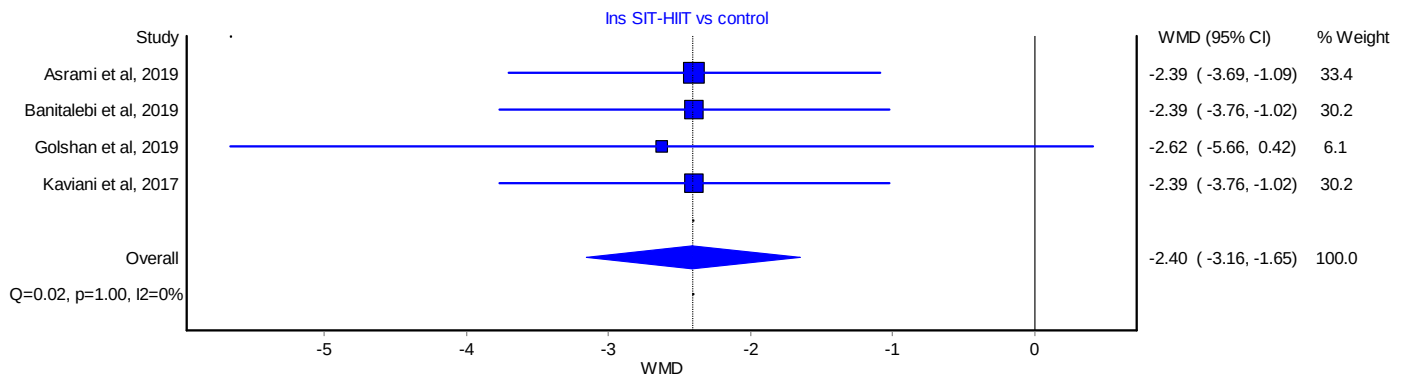
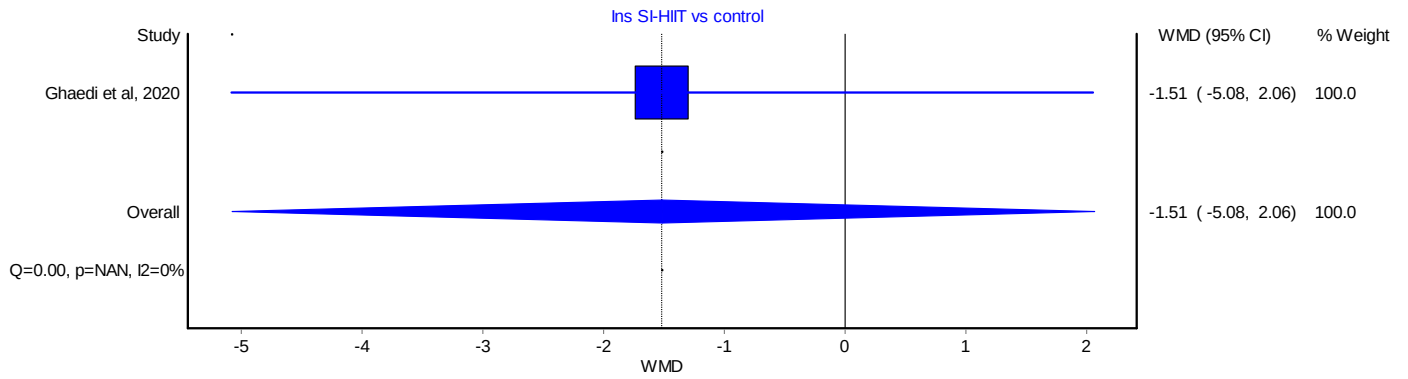




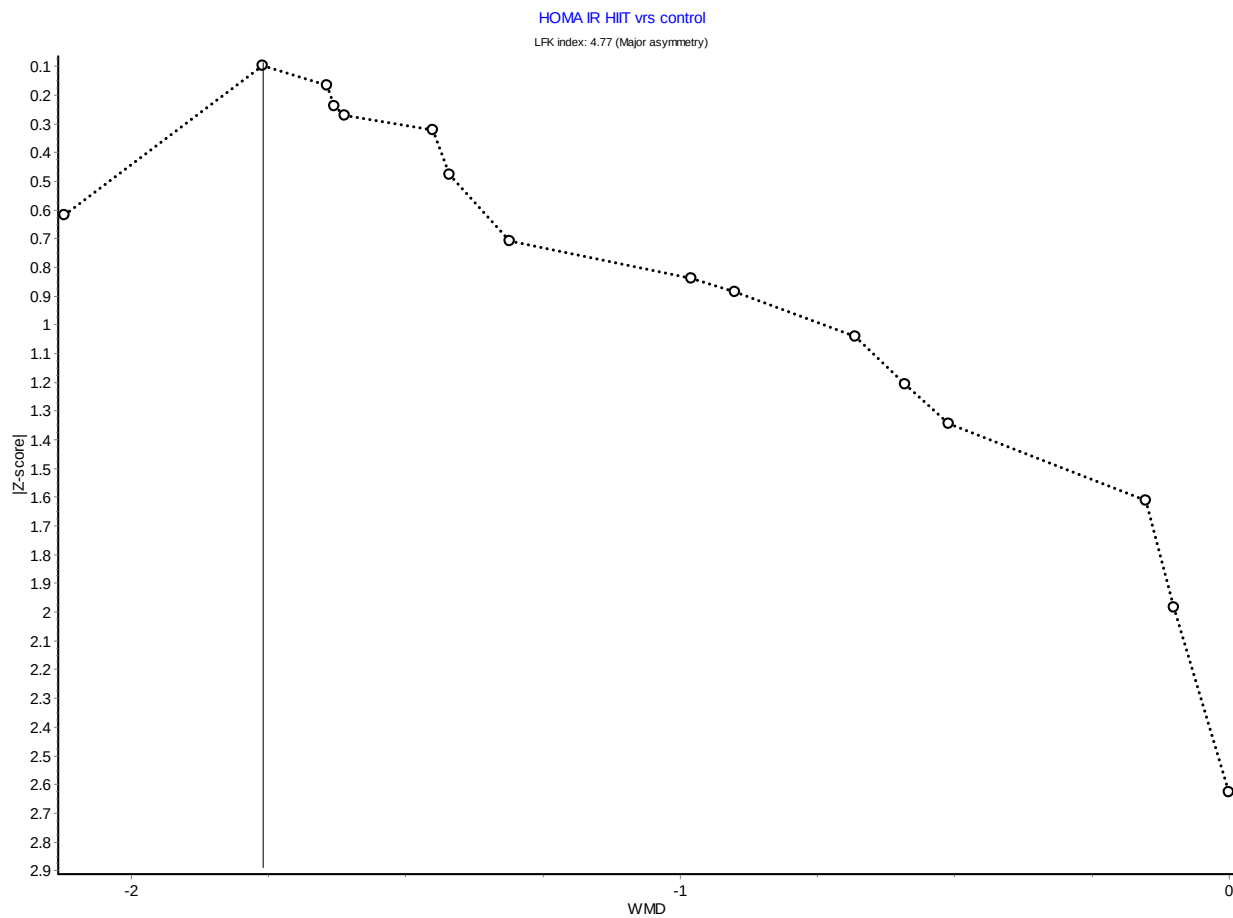
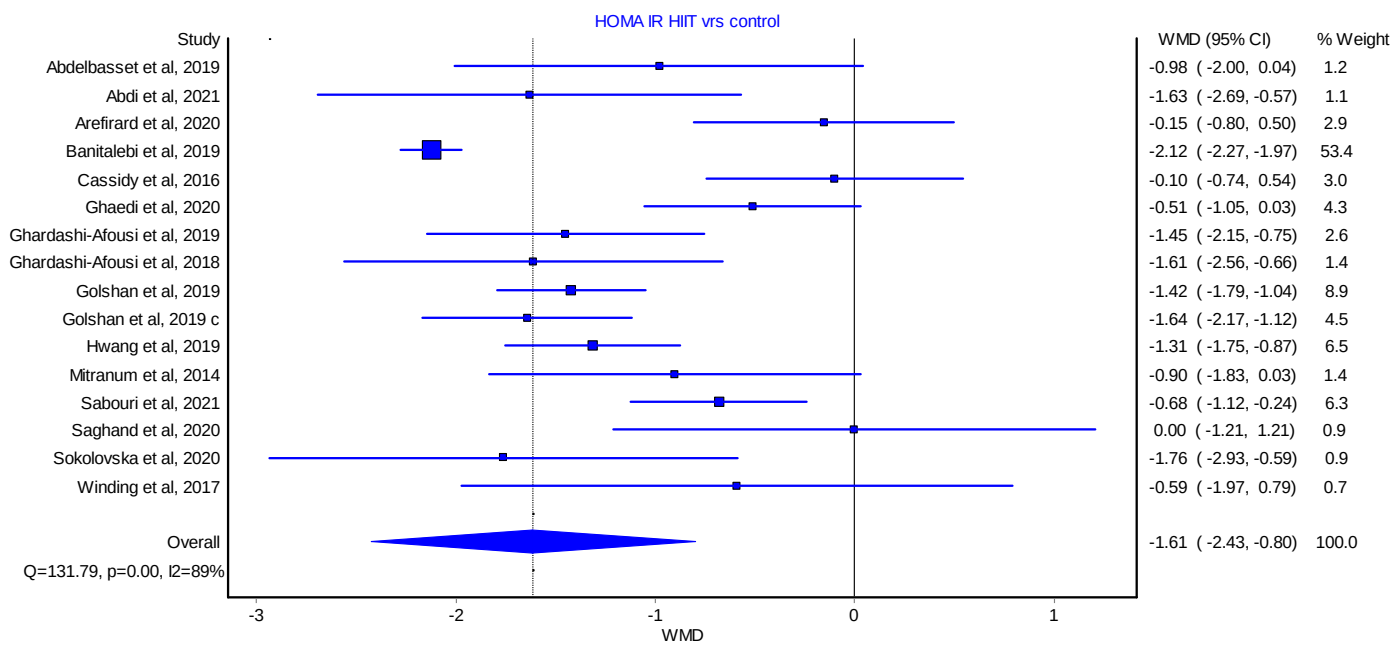
Sensibilidad

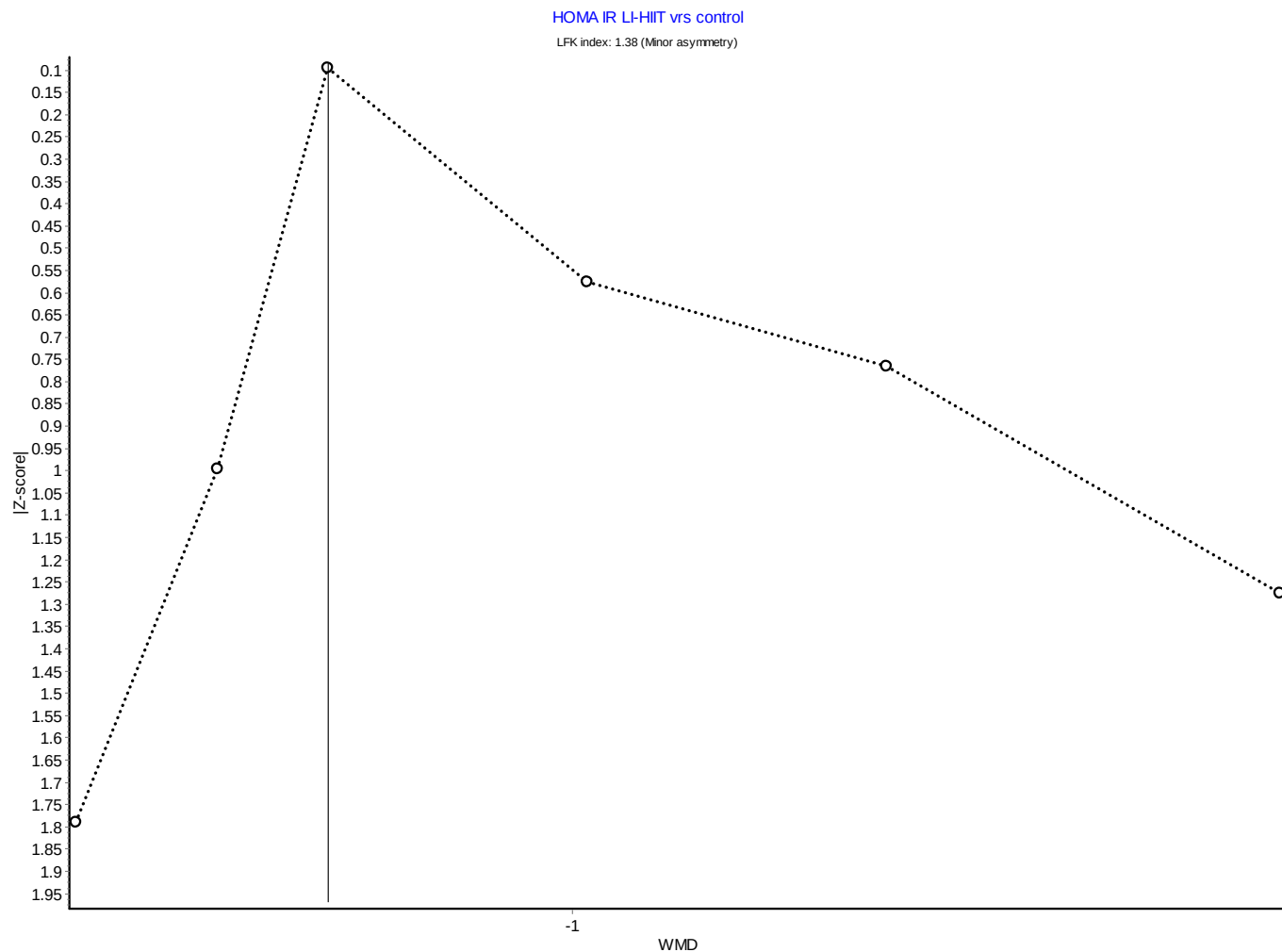
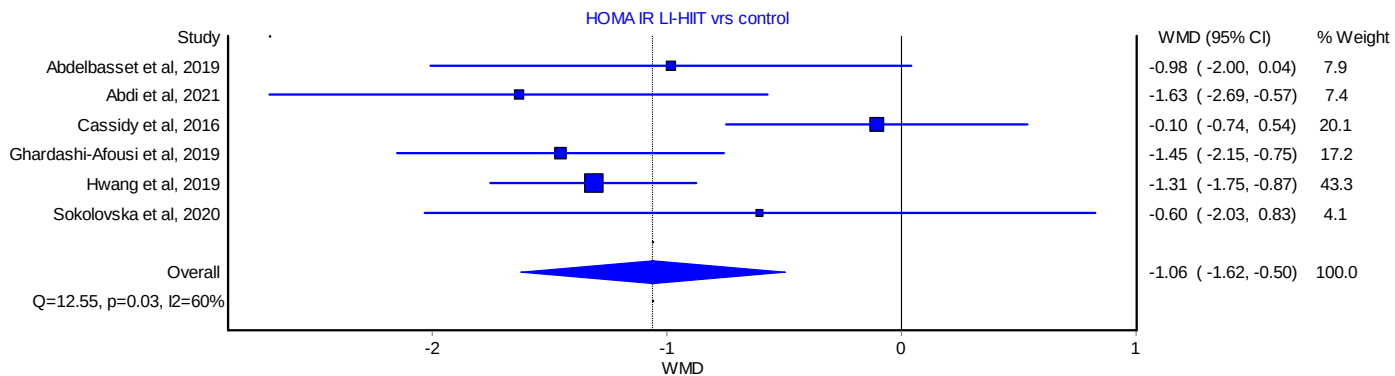




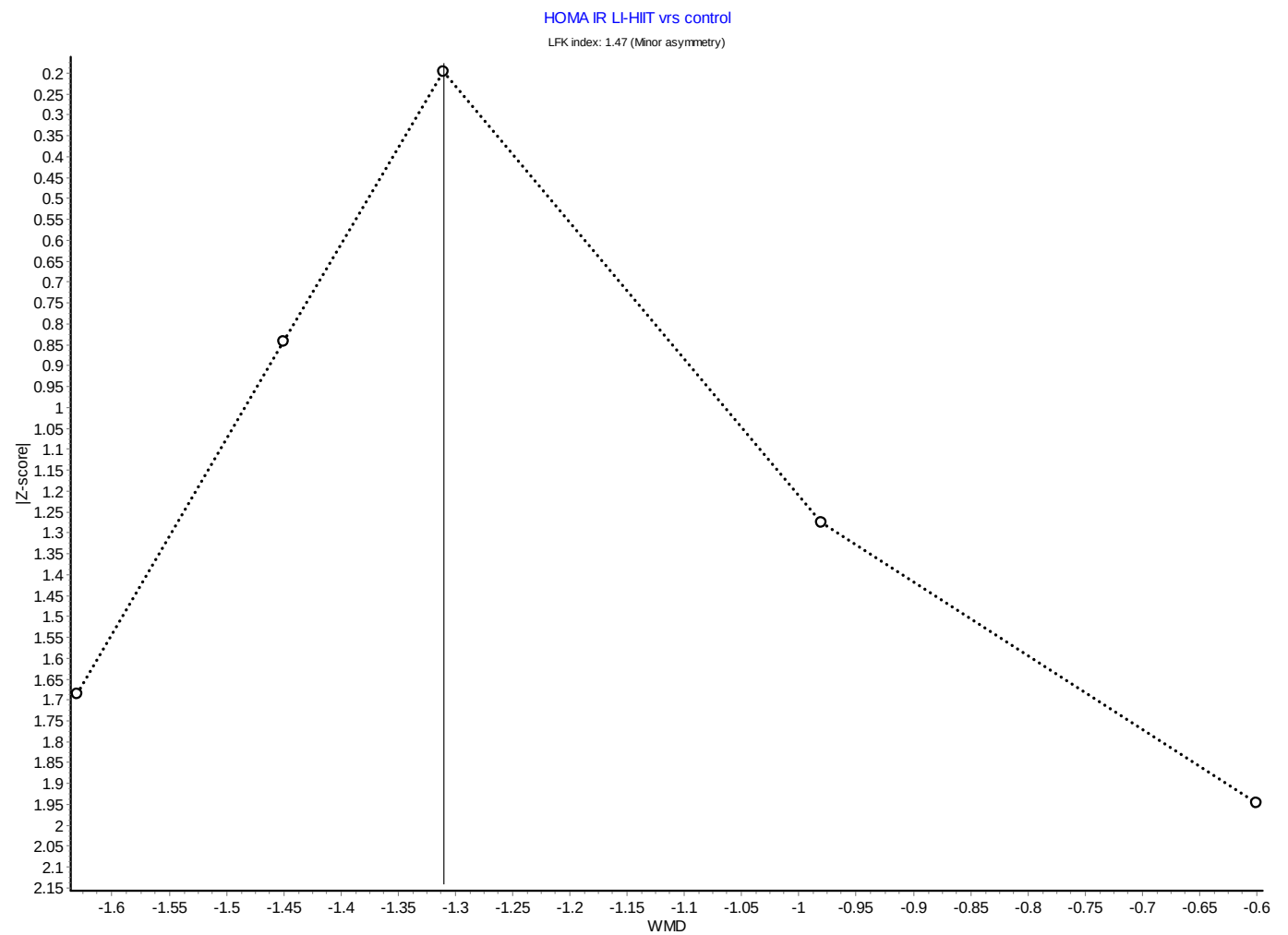
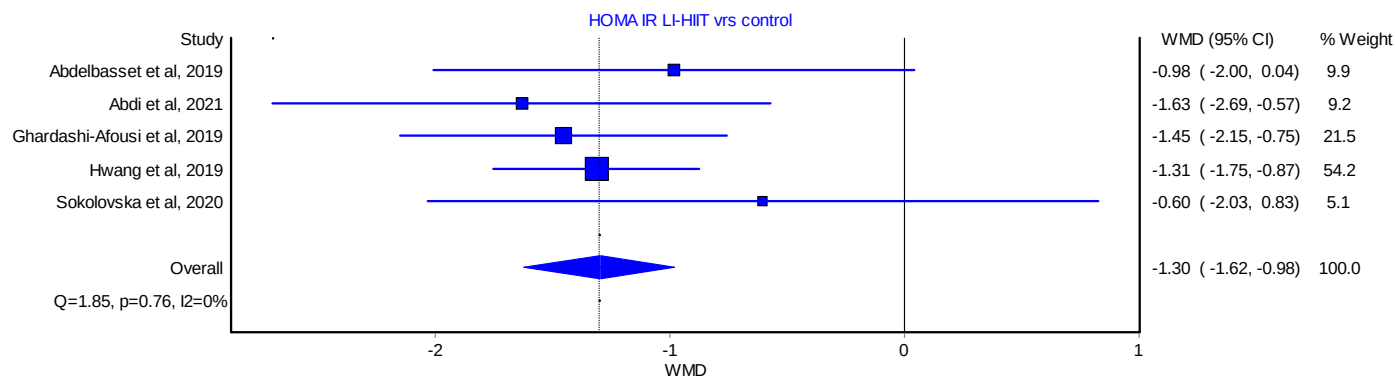


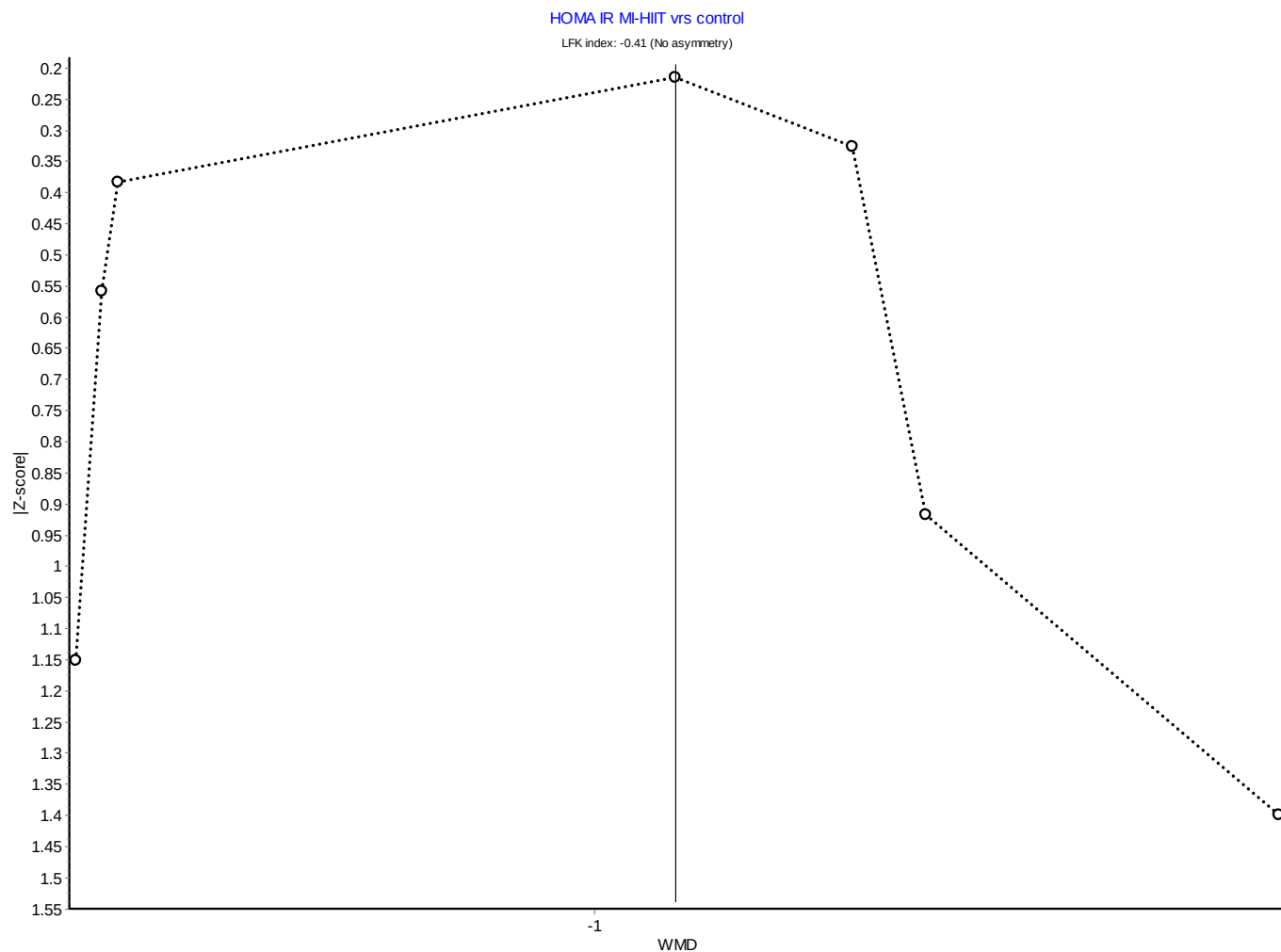
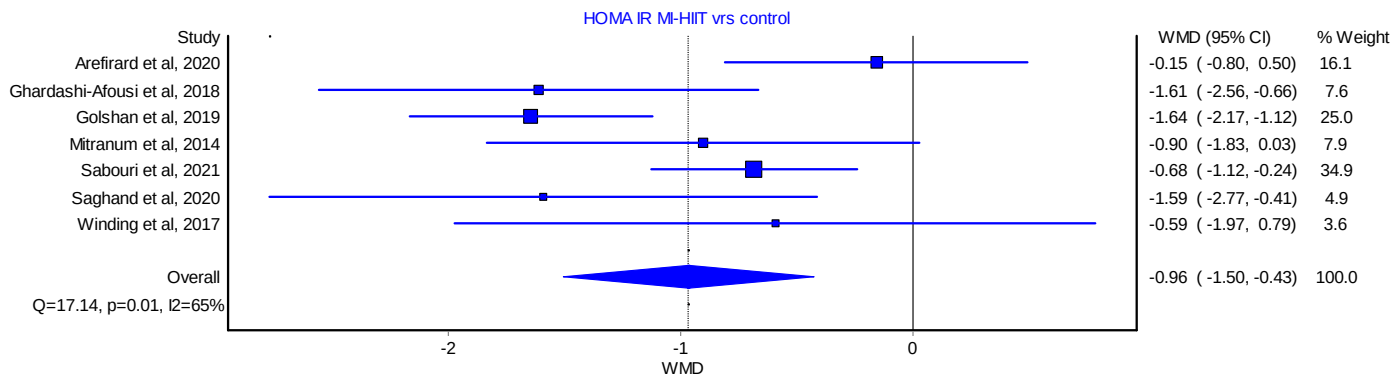
Índice de HOMA:



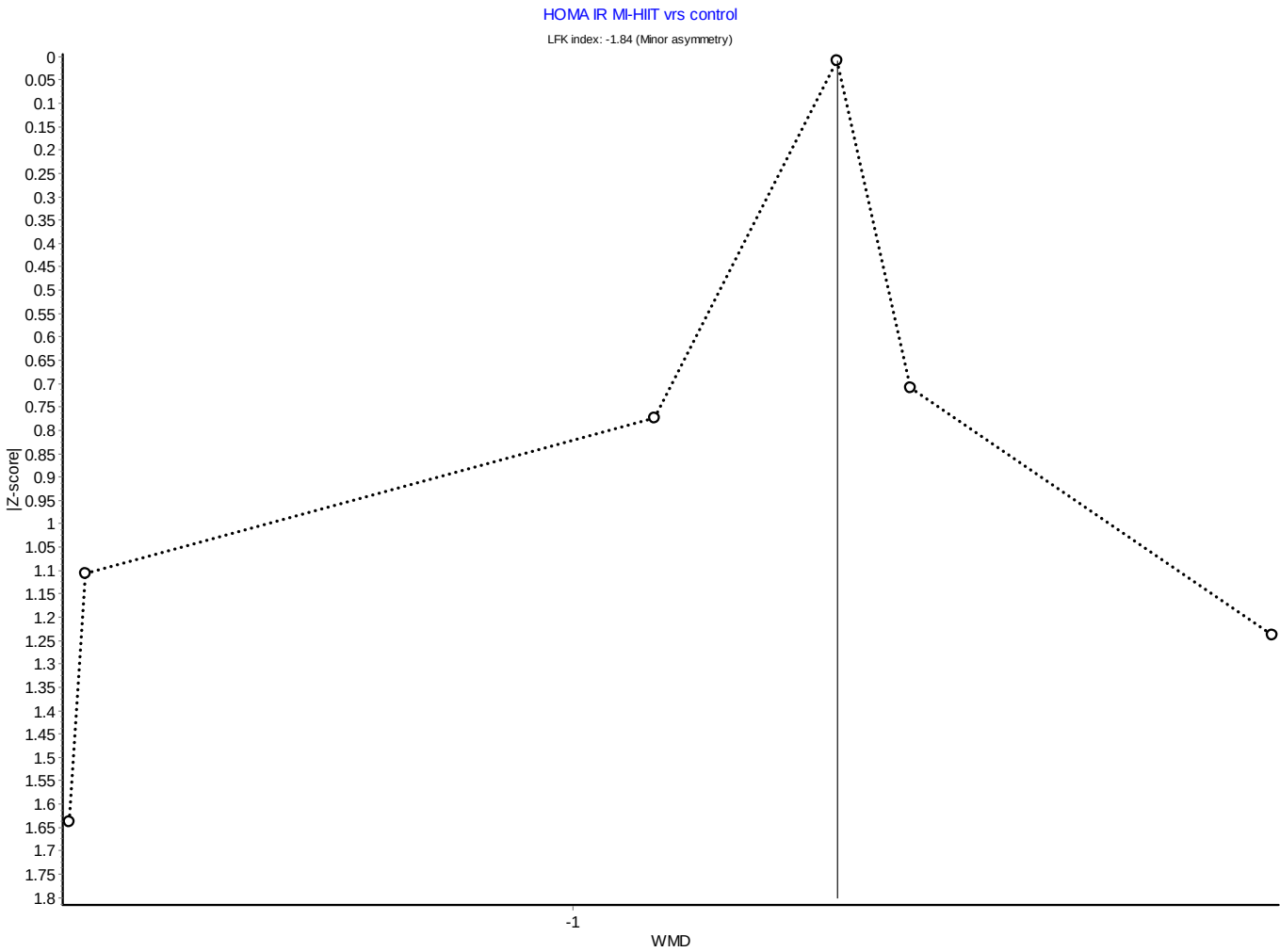
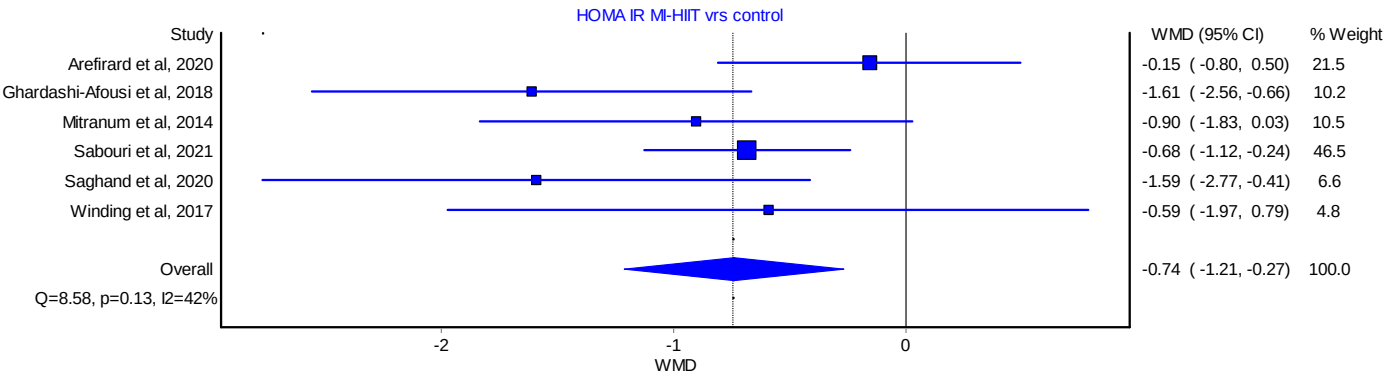


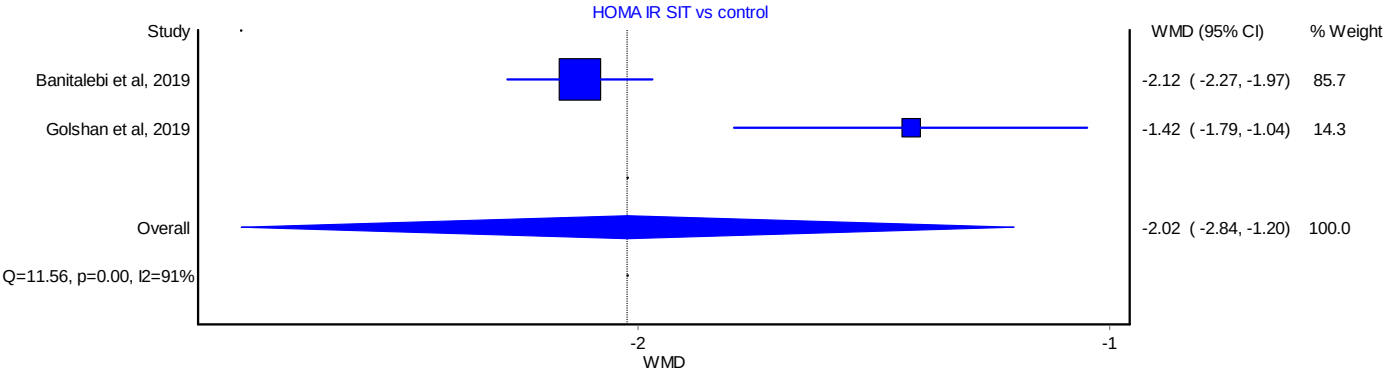
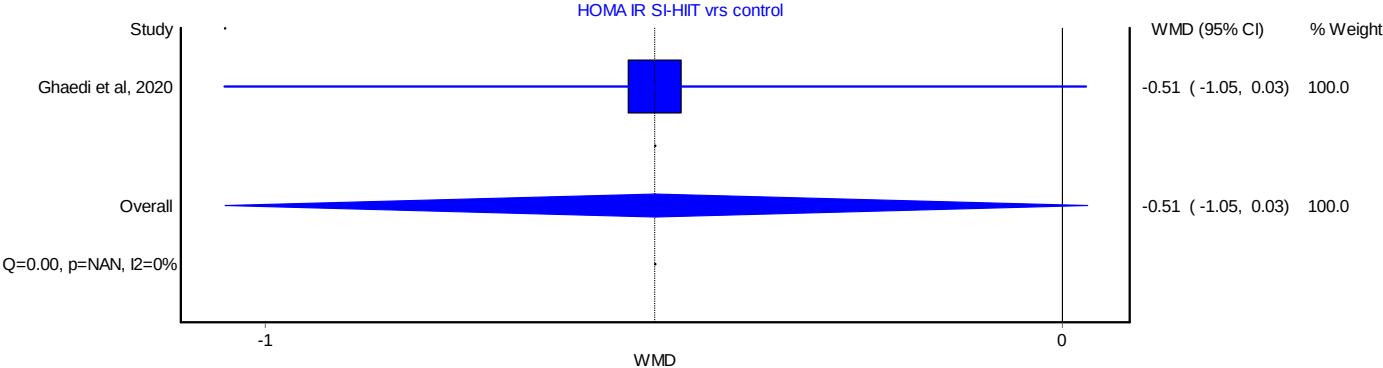
Sensibilidad

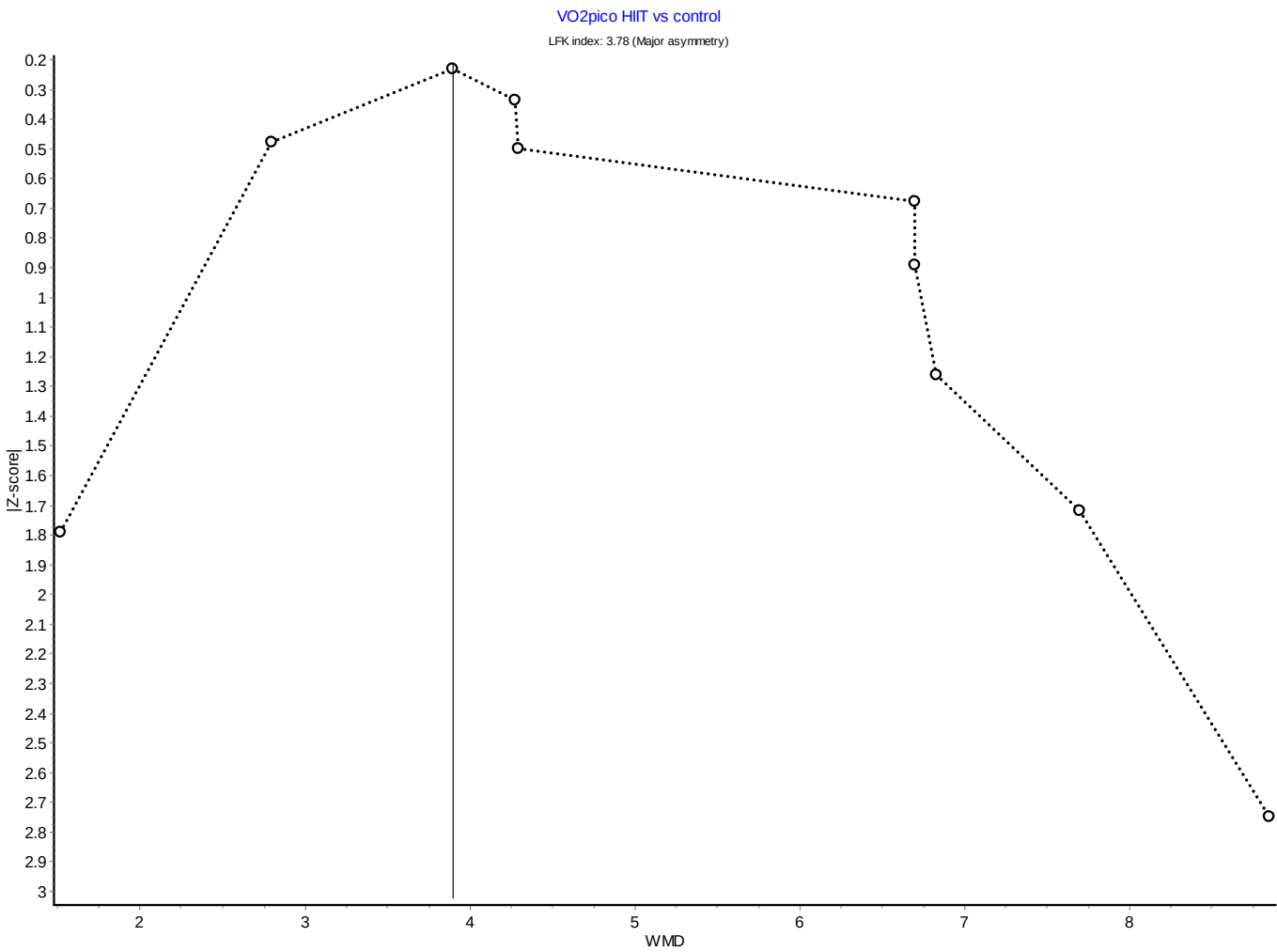
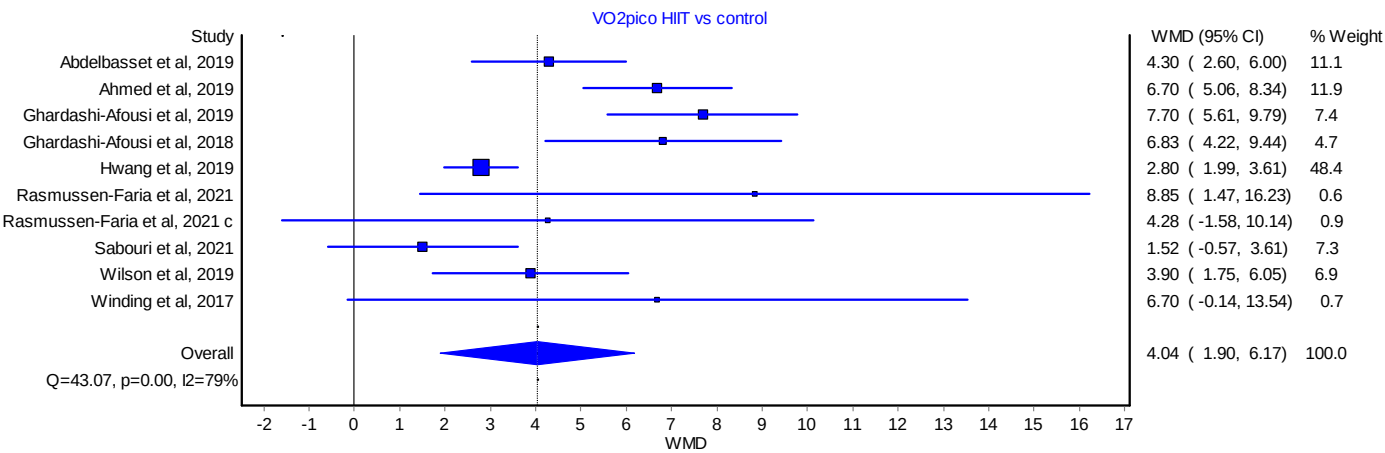


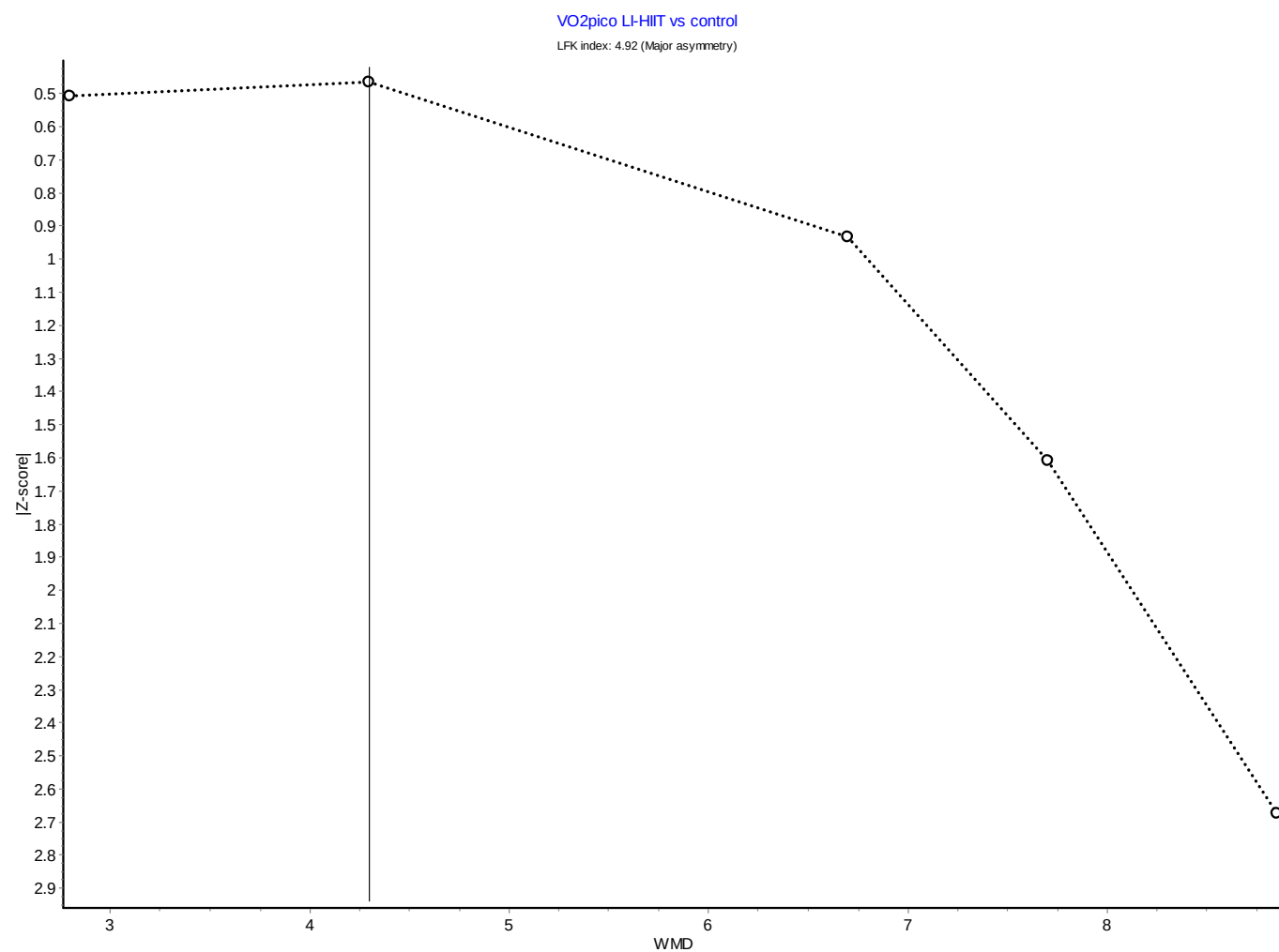
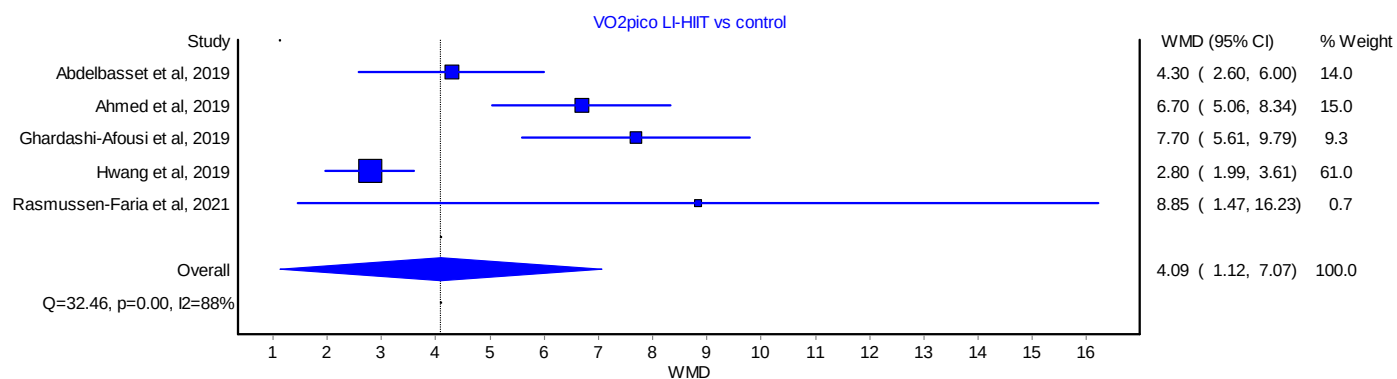


Sensibilidad

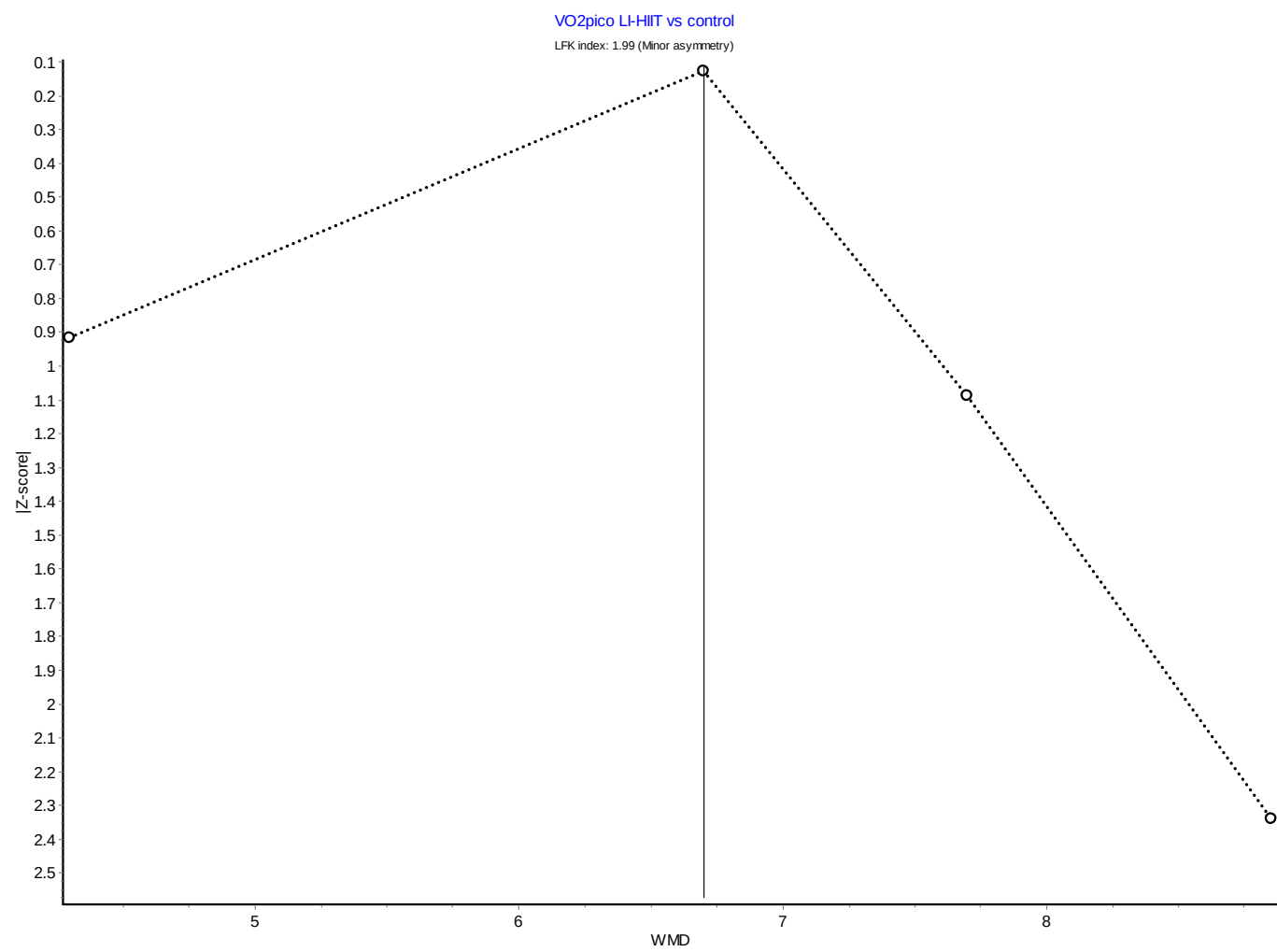
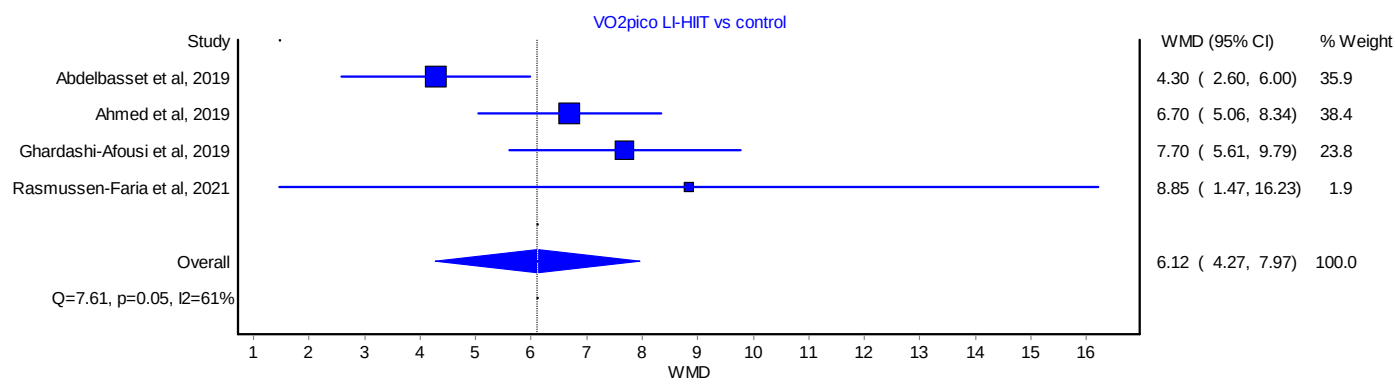


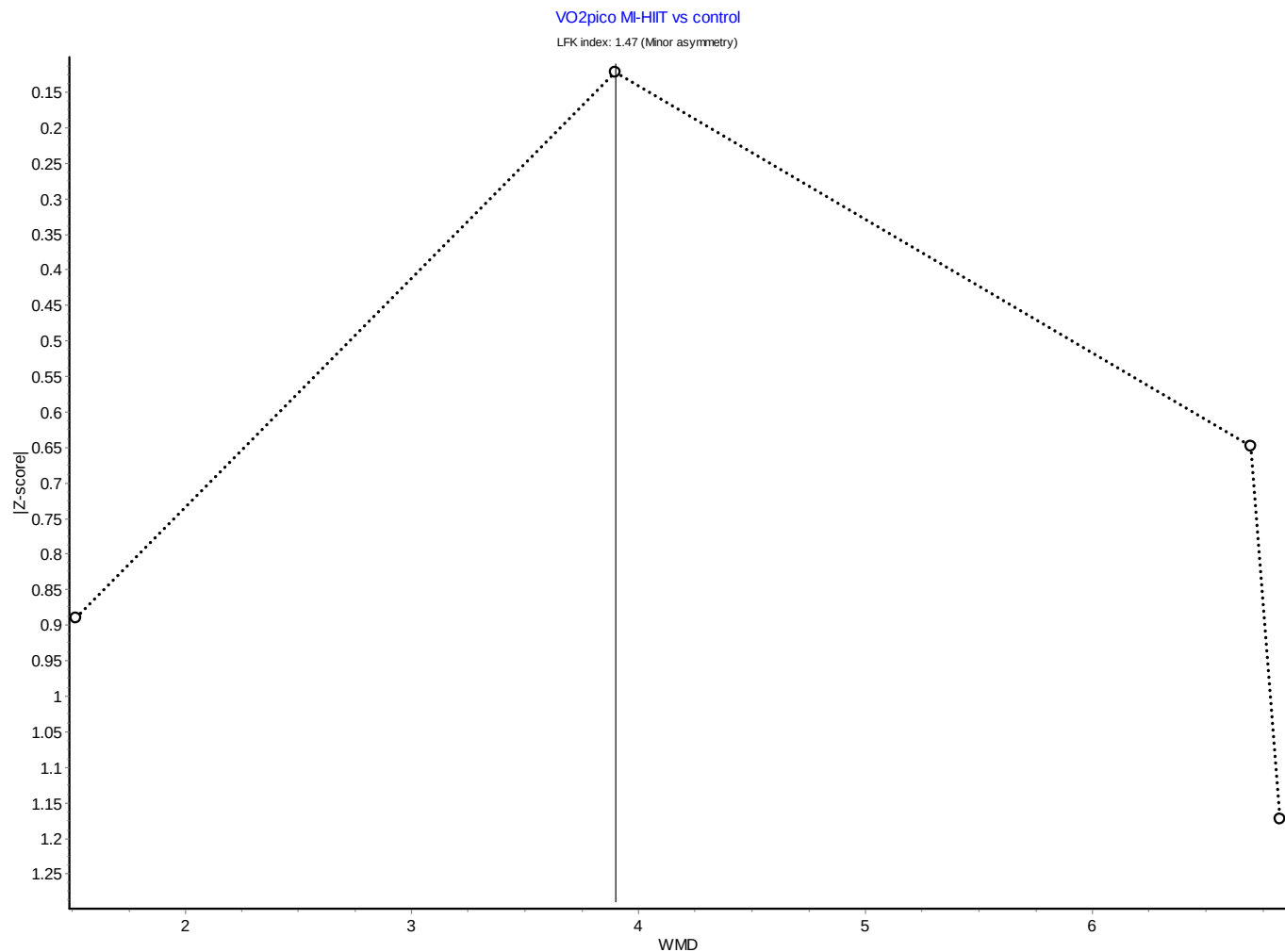
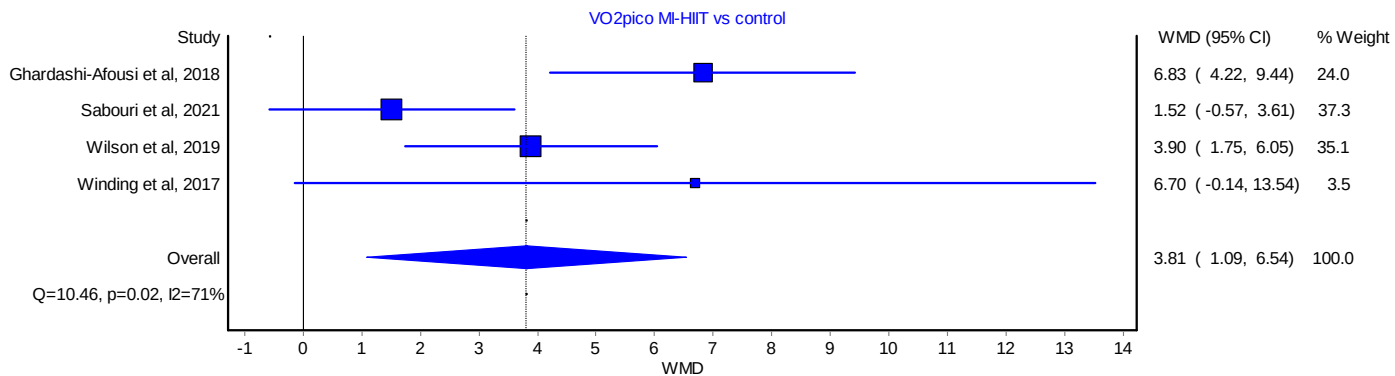


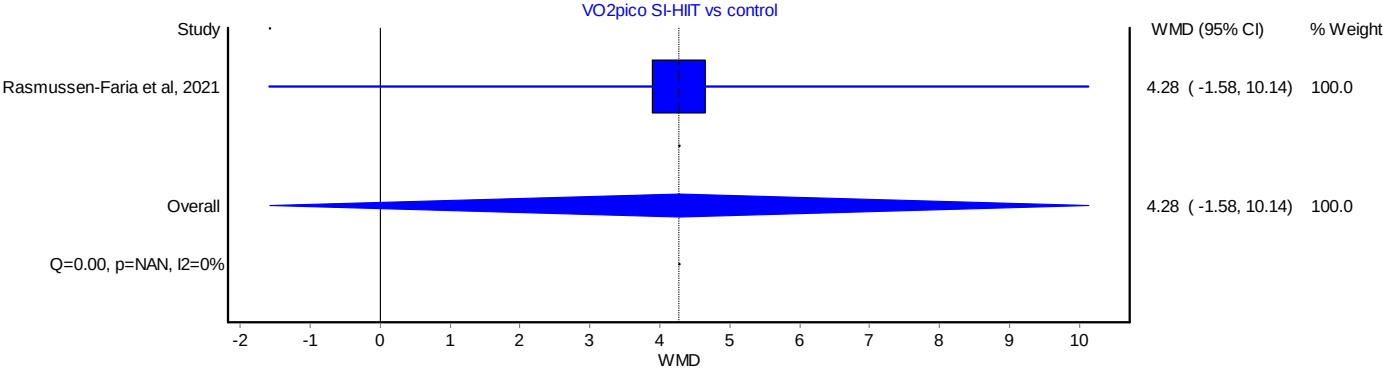




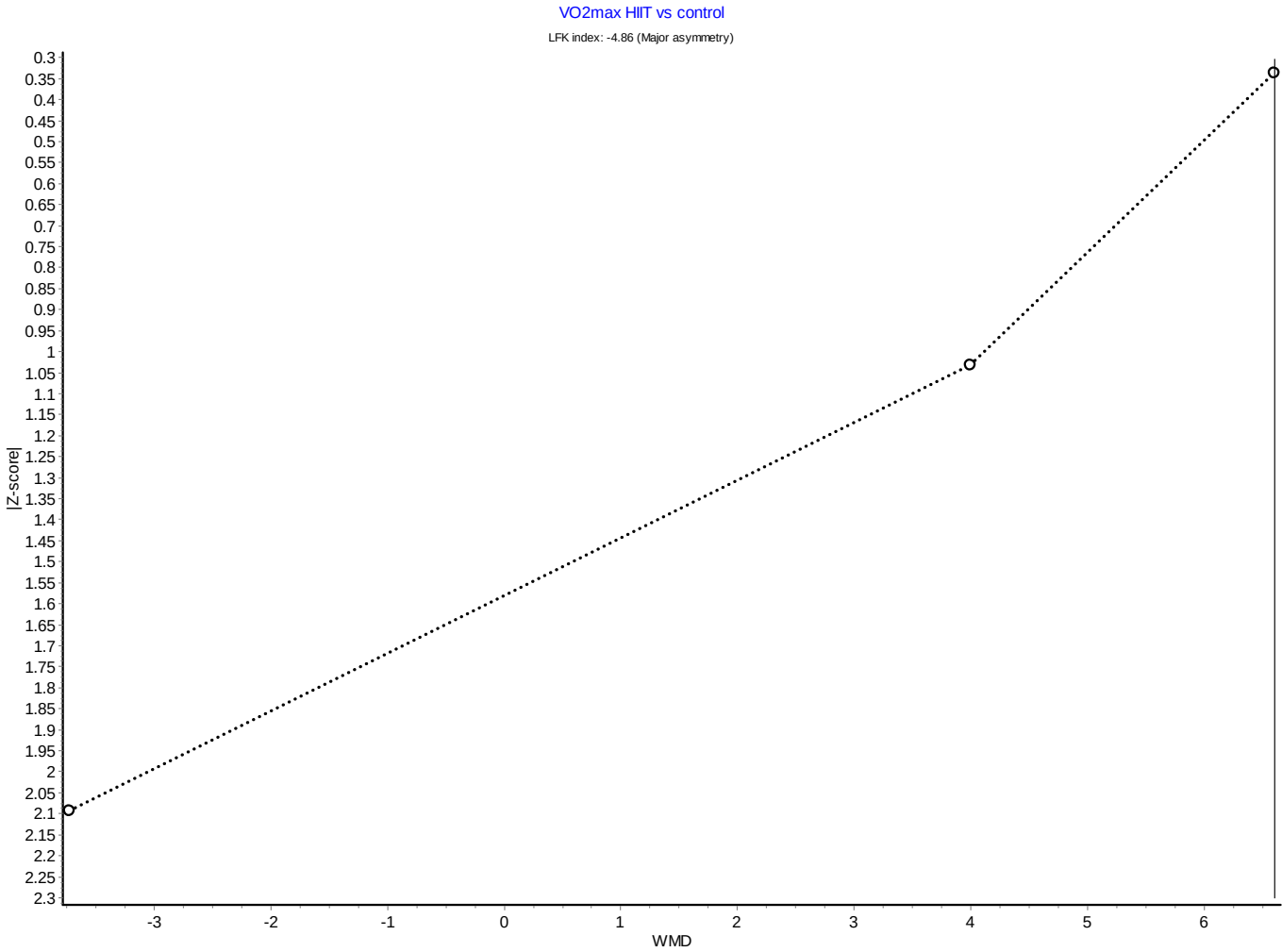
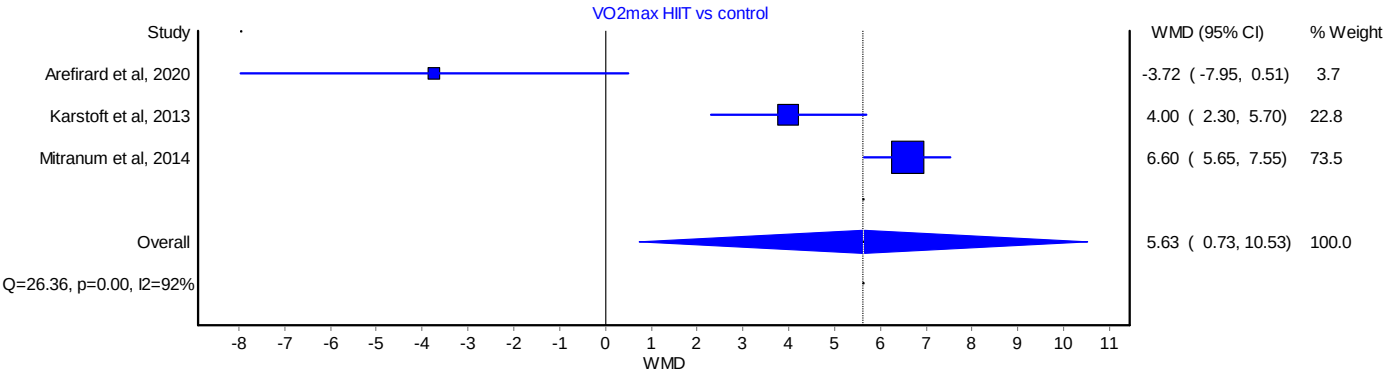
Sensibilidad



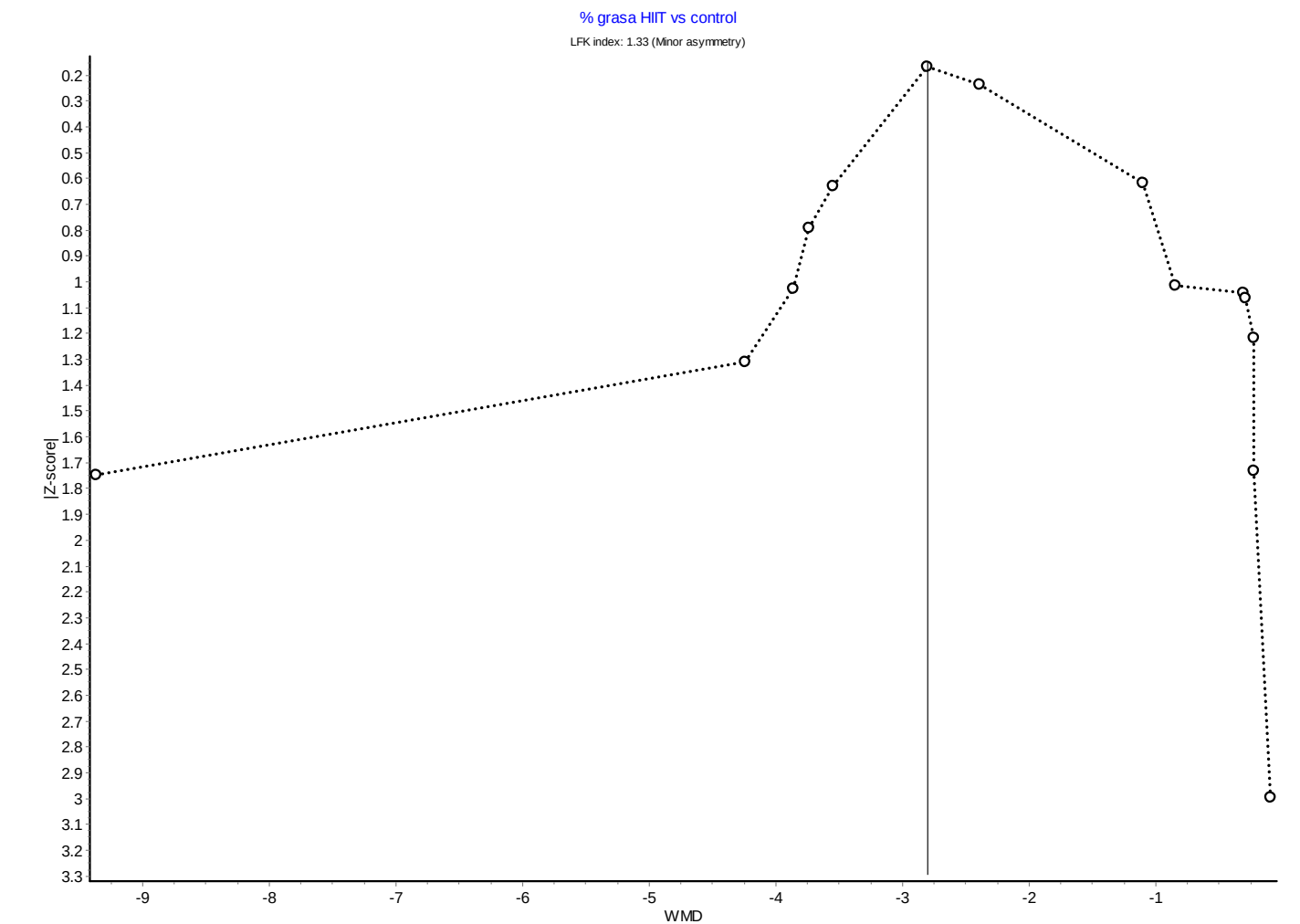
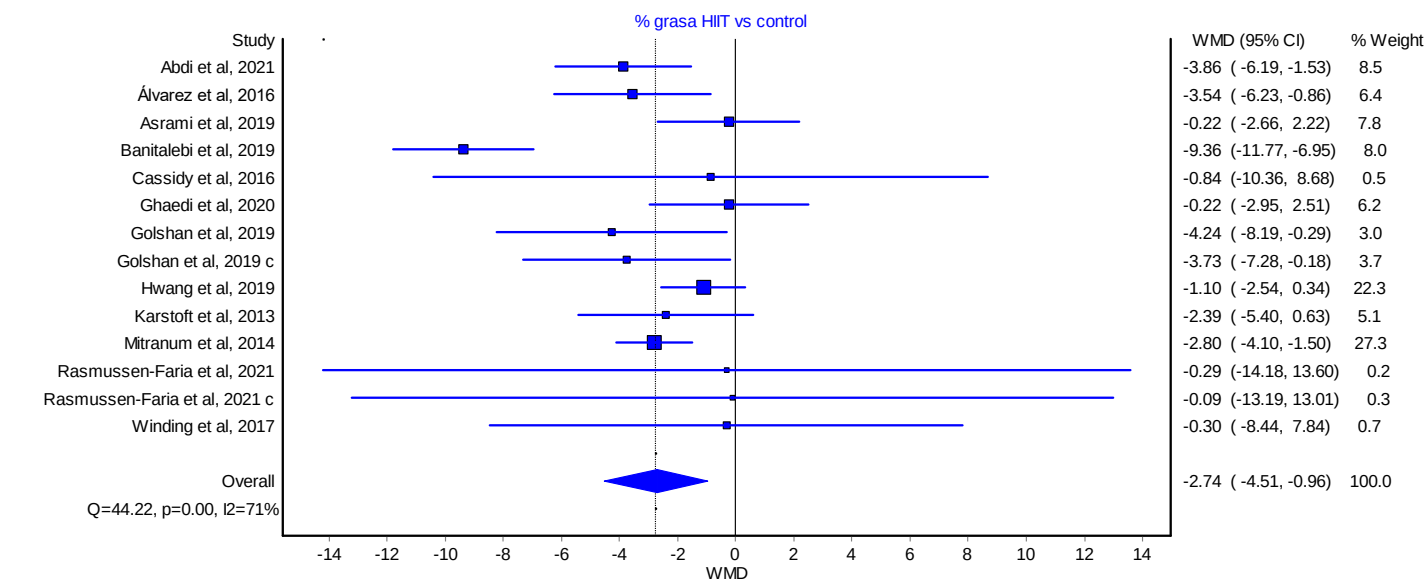




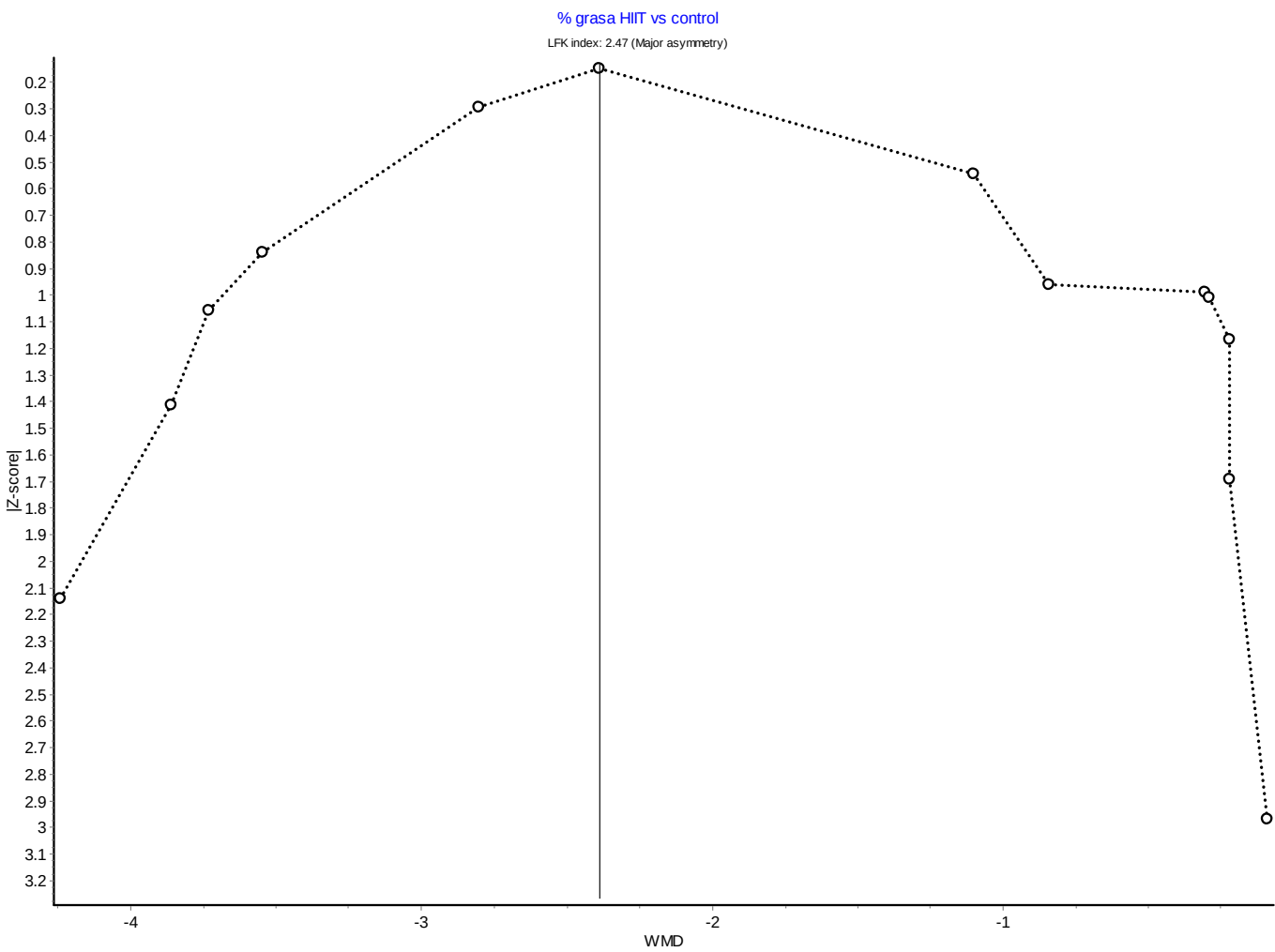
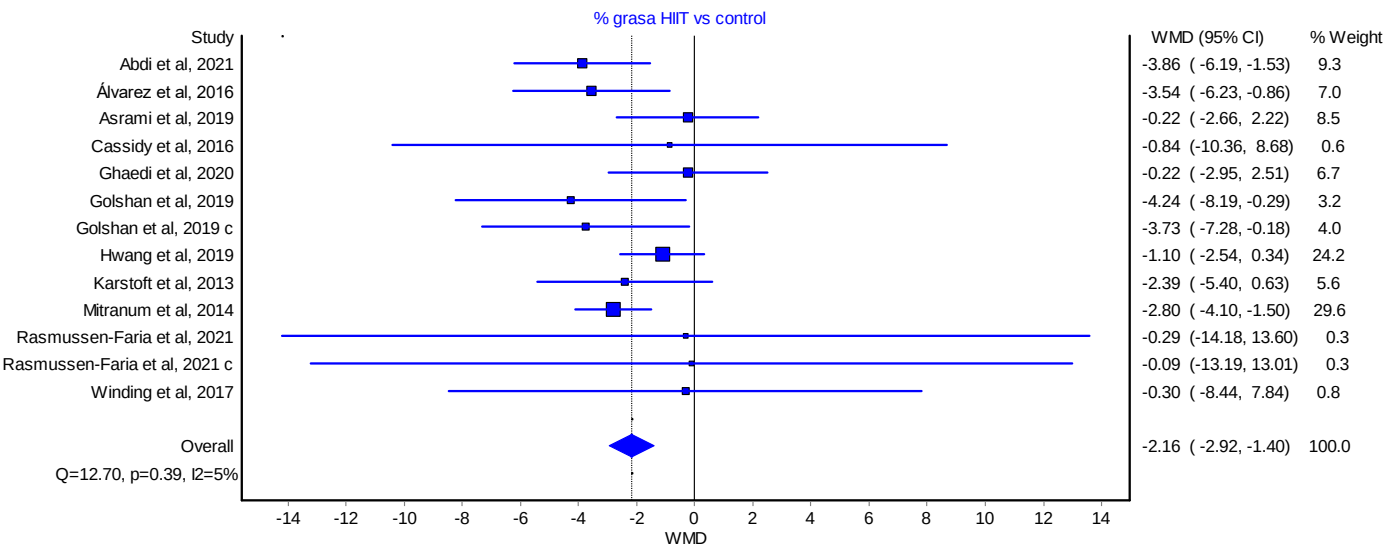
VO₂máx

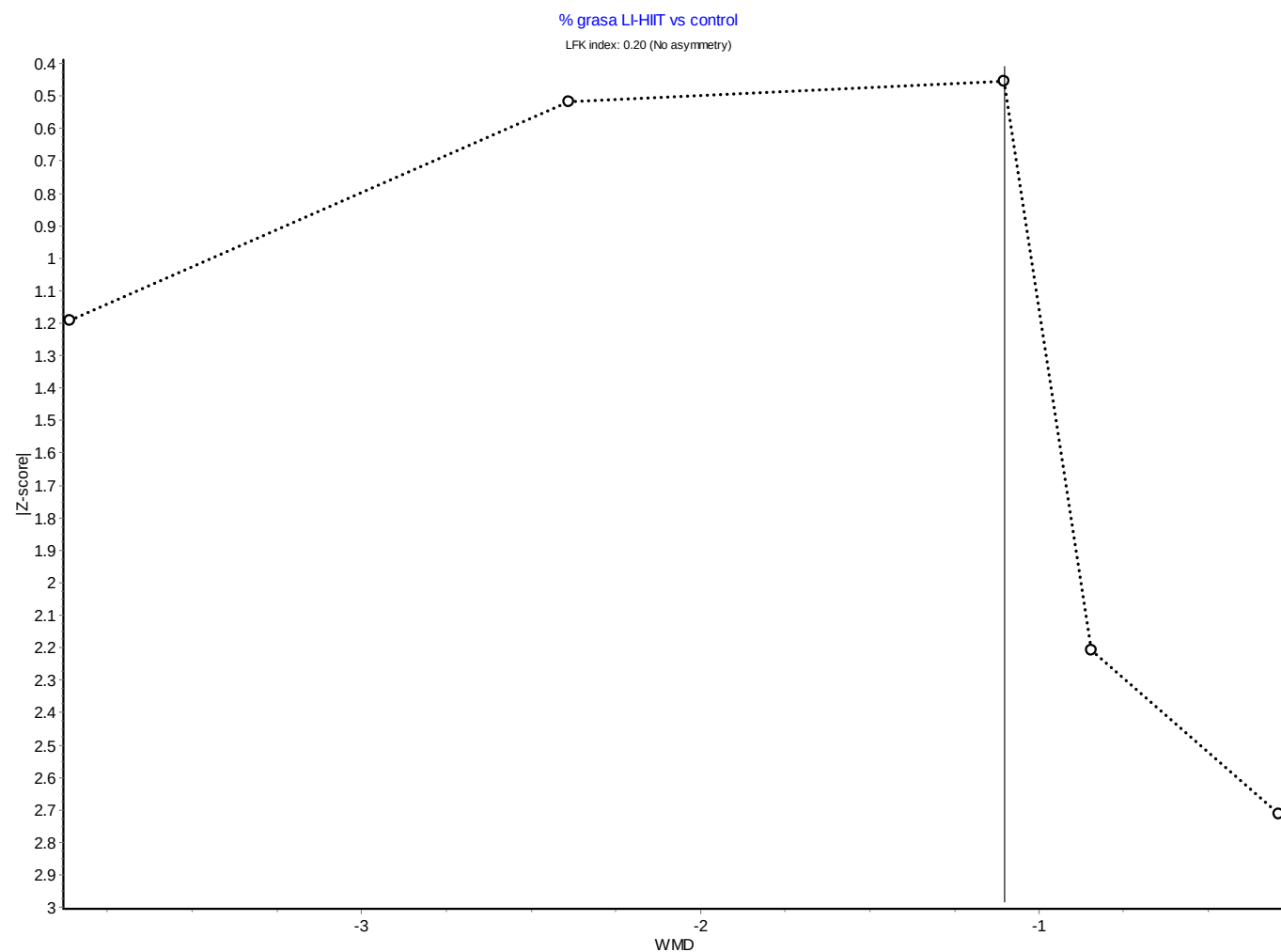
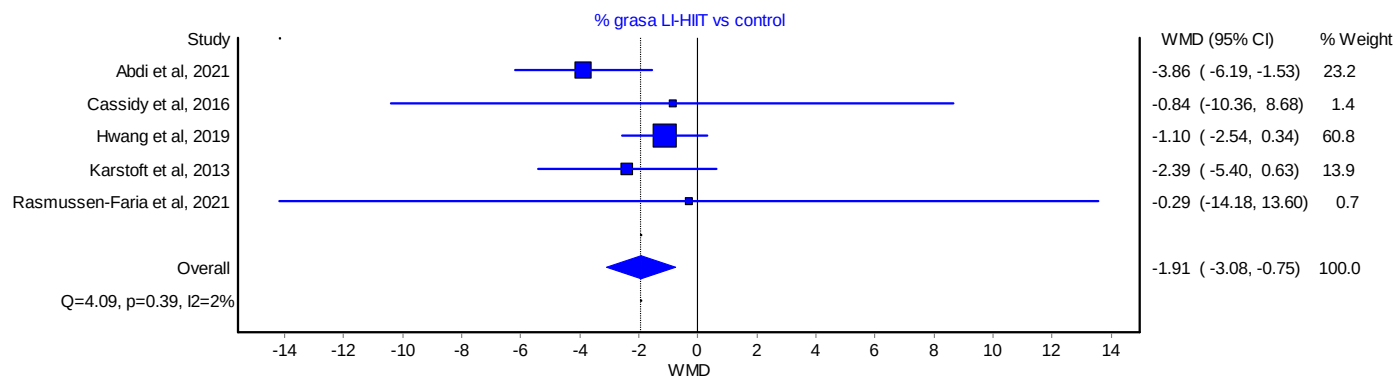


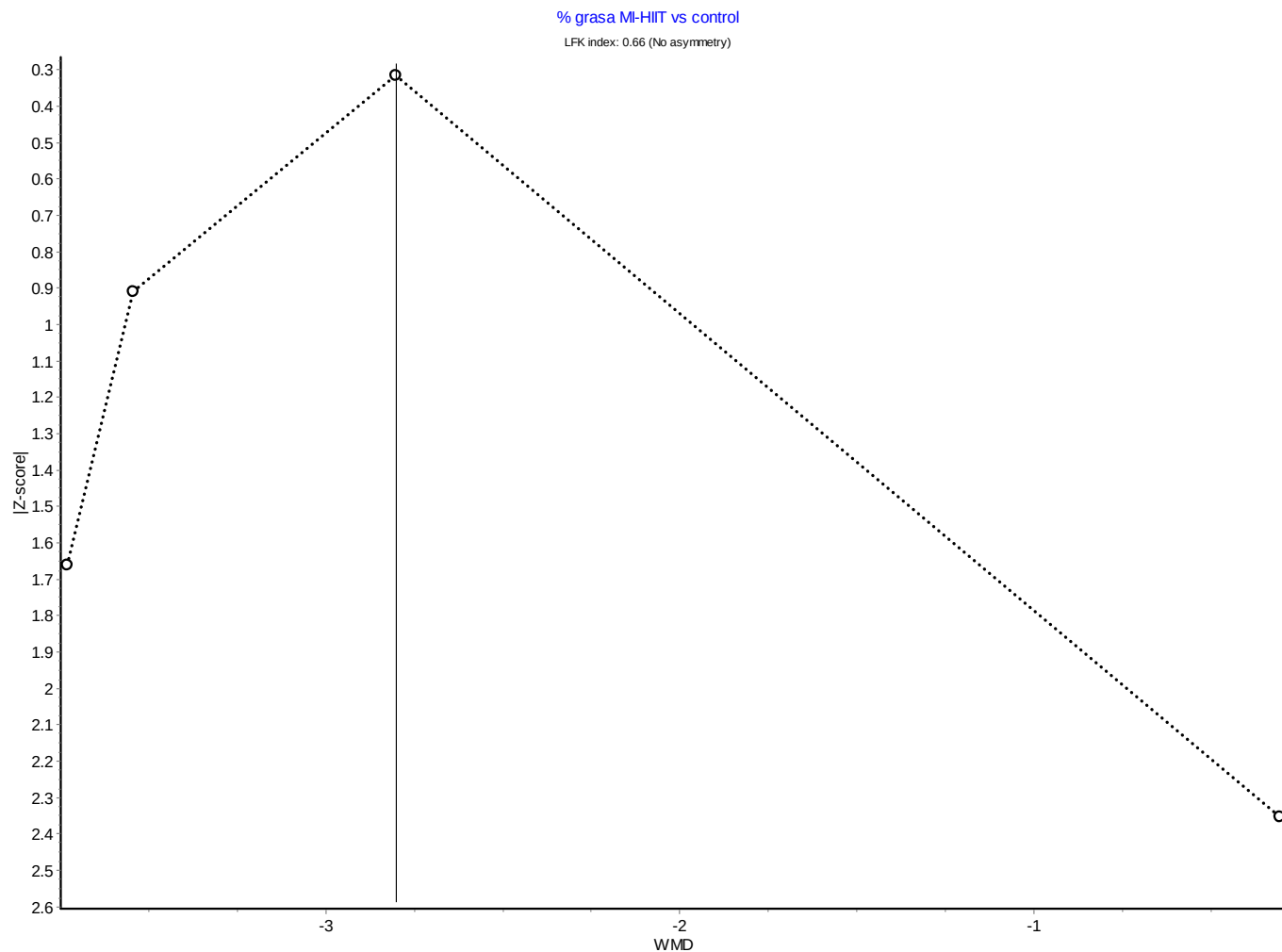
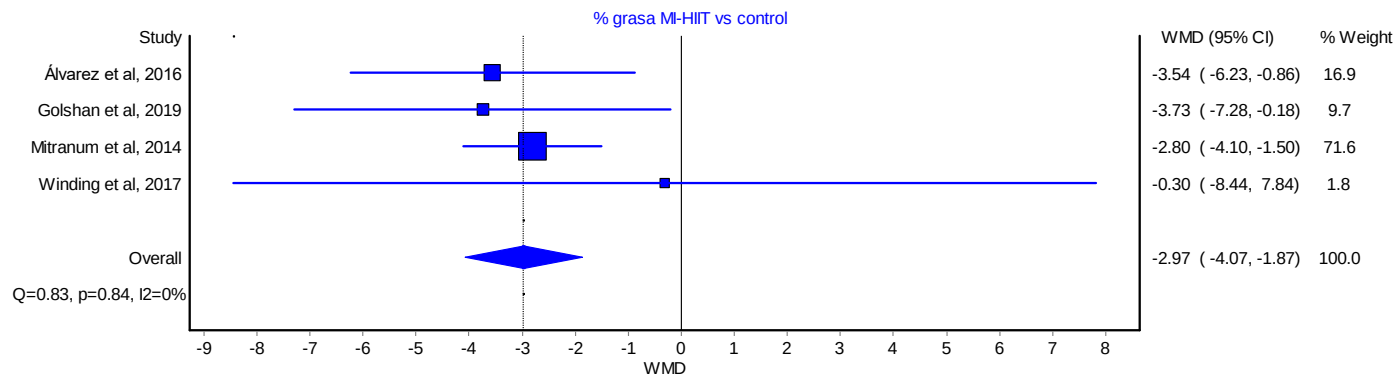
% grasa

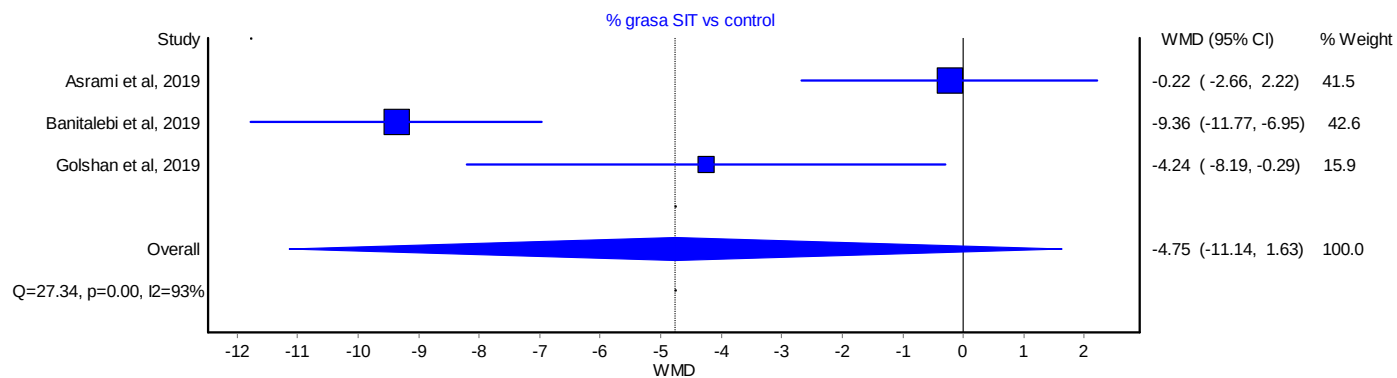
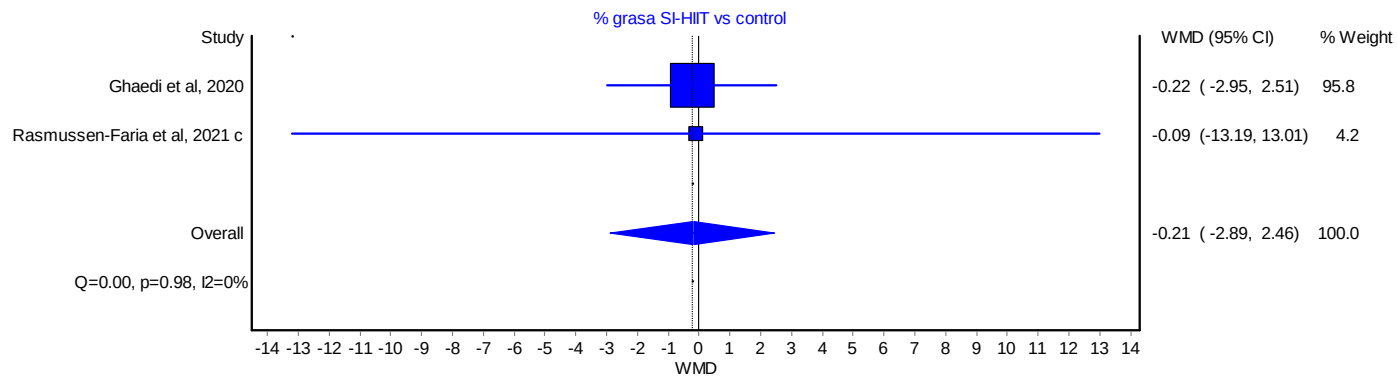


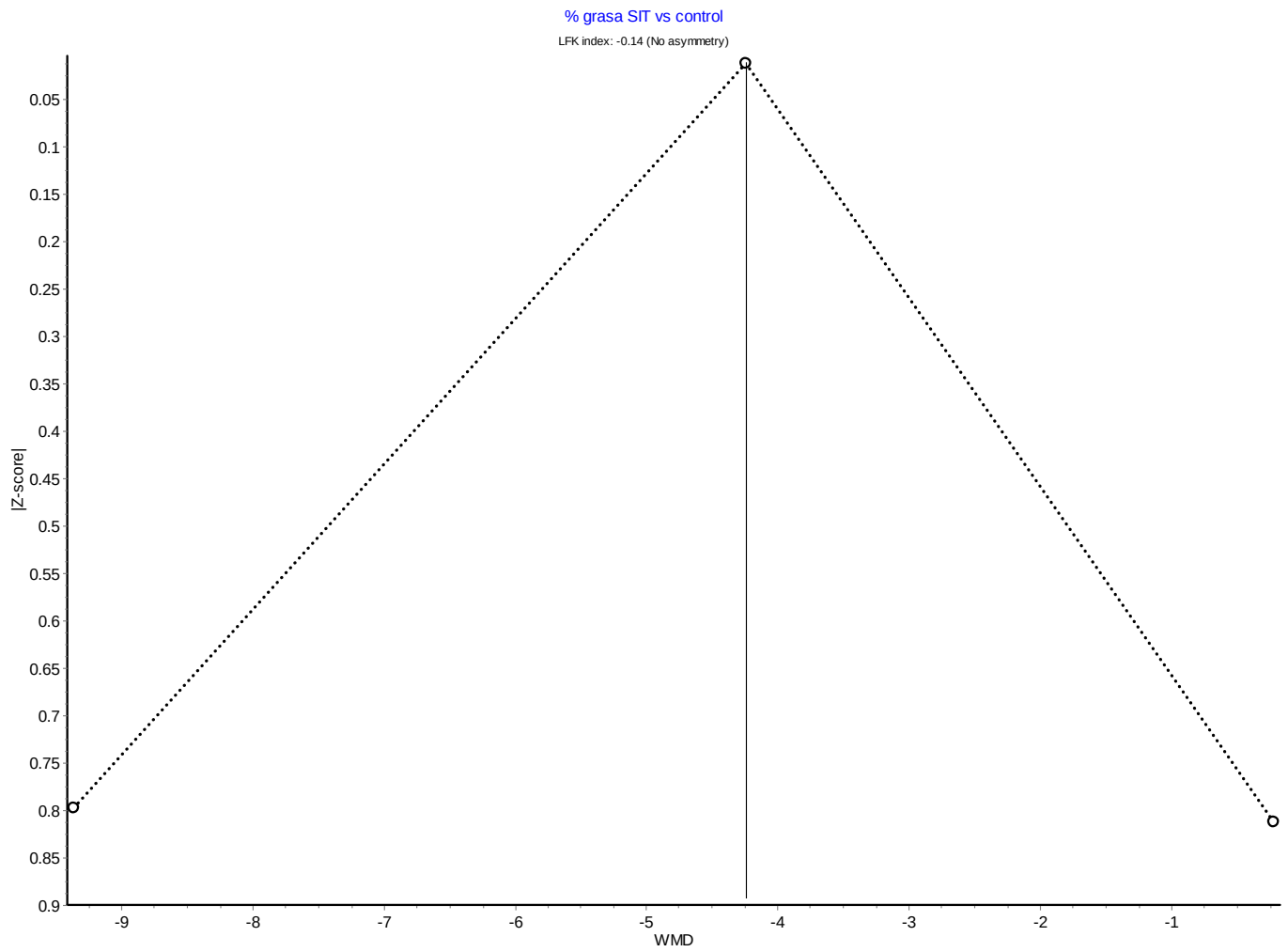
Sensibilidad



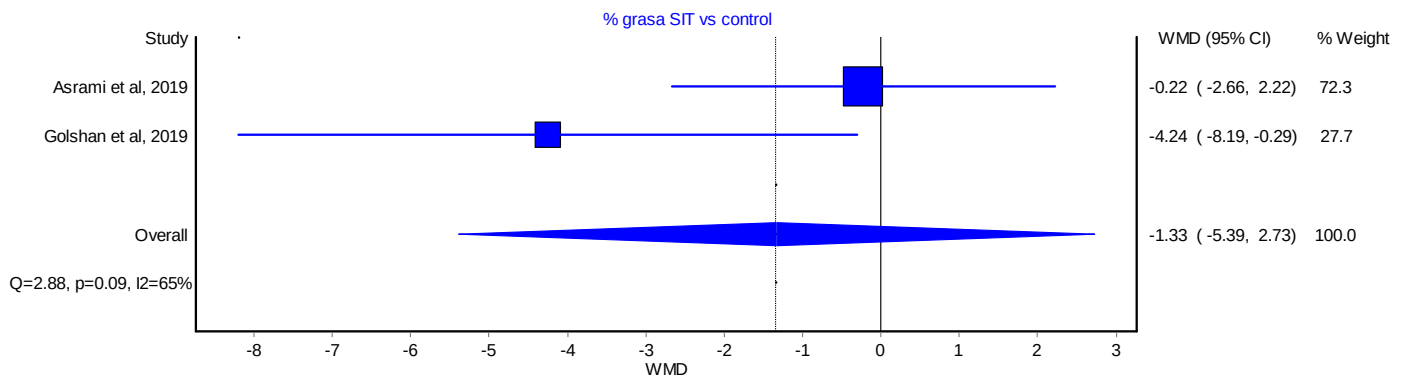




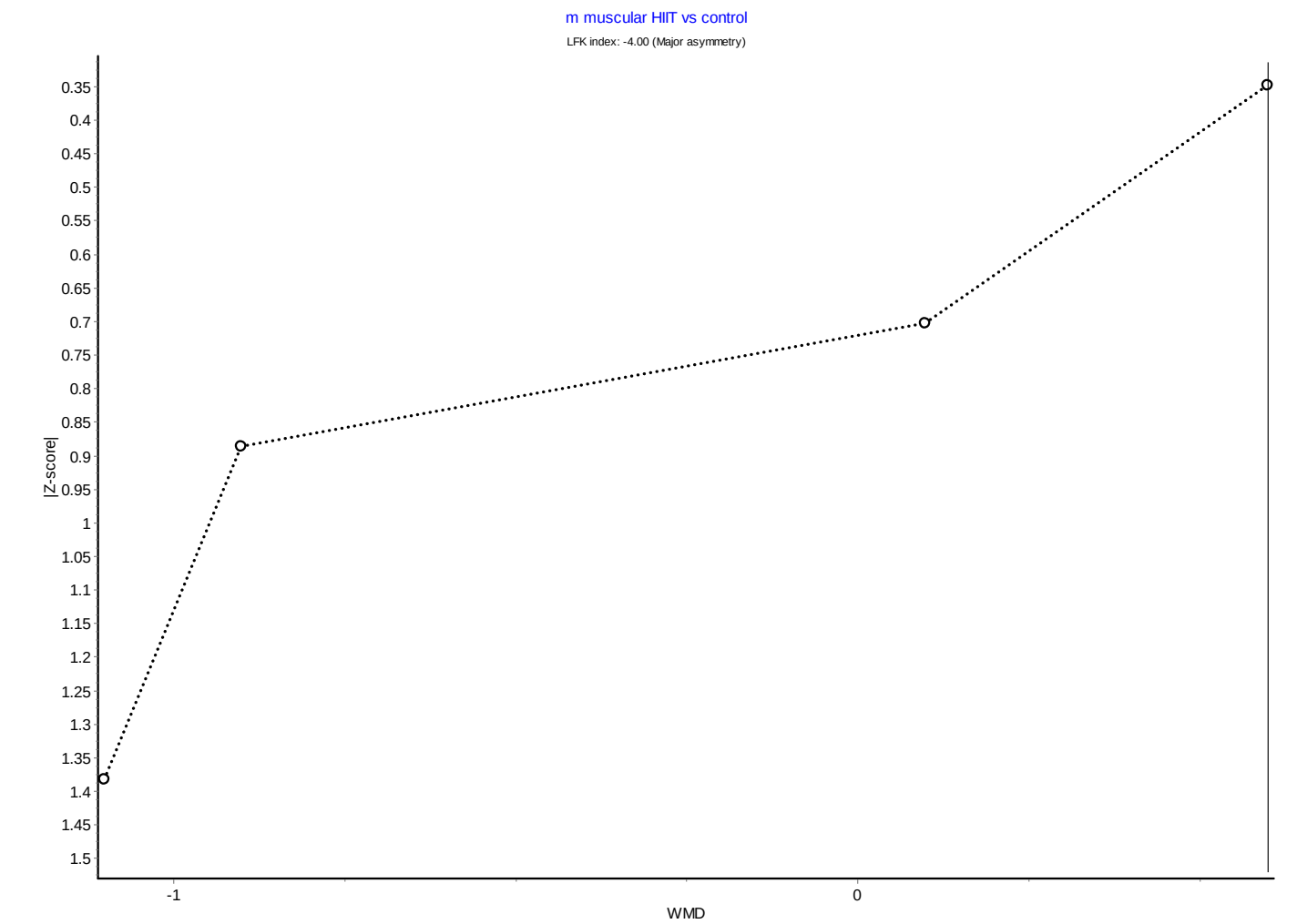
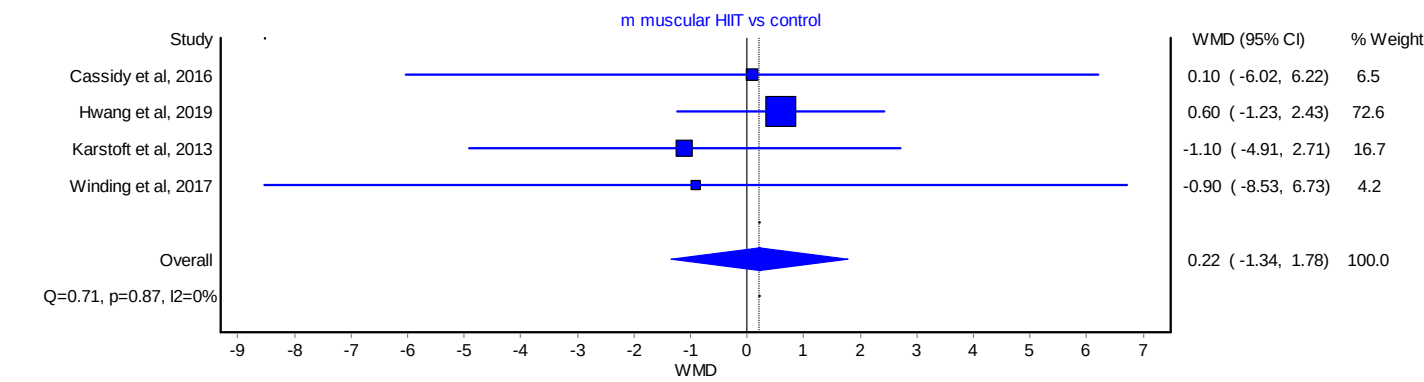




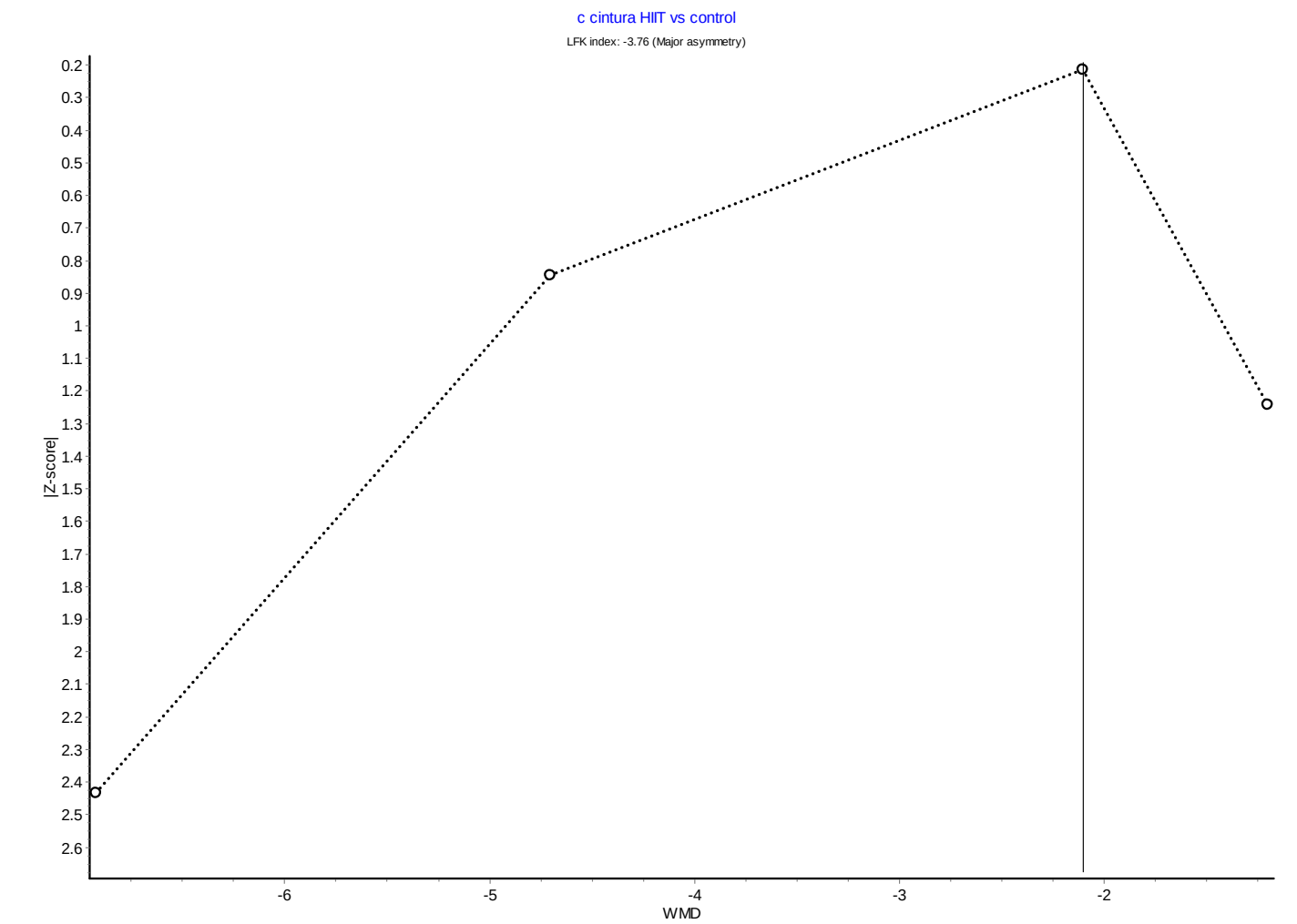
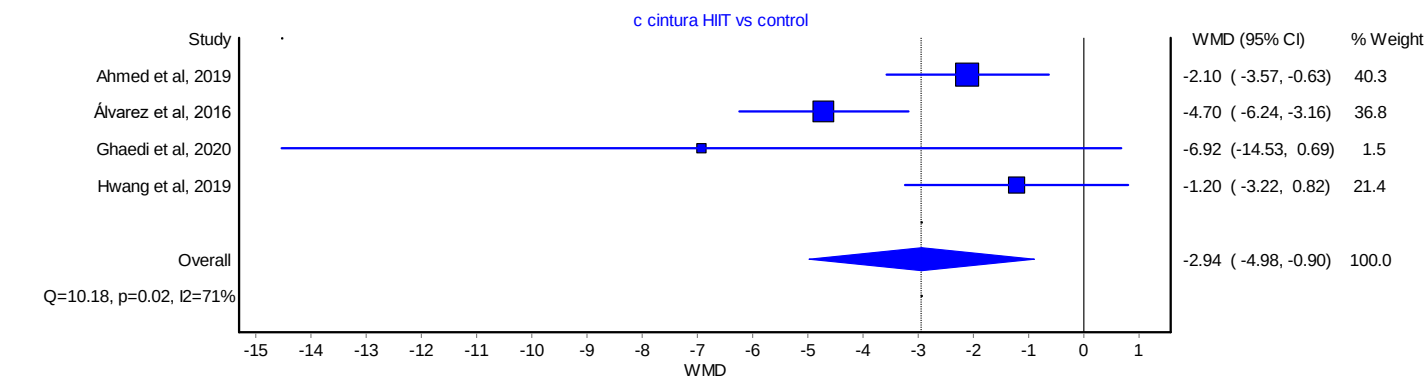
Sensibilidad



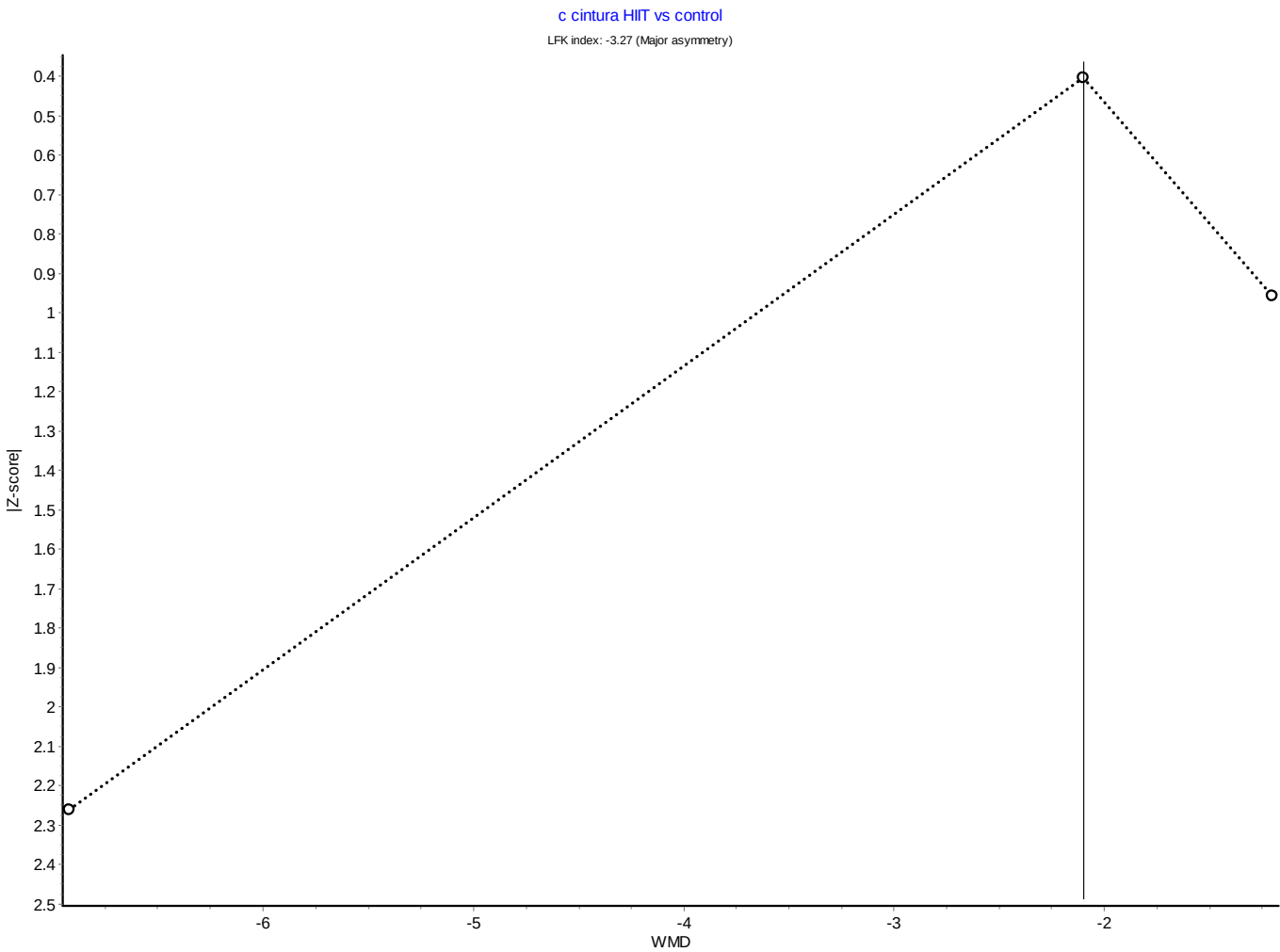
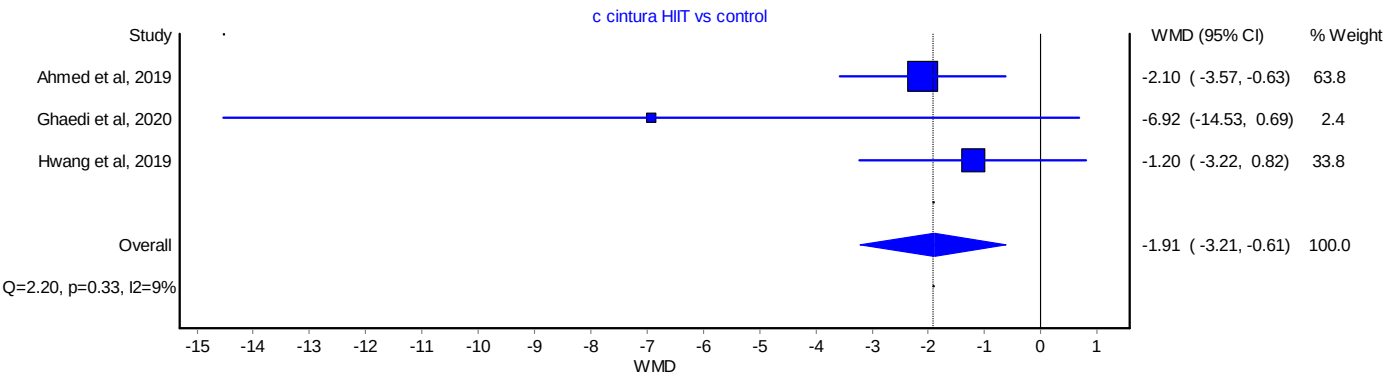
Masa libre de grasa:



Circunferencia de cintura:

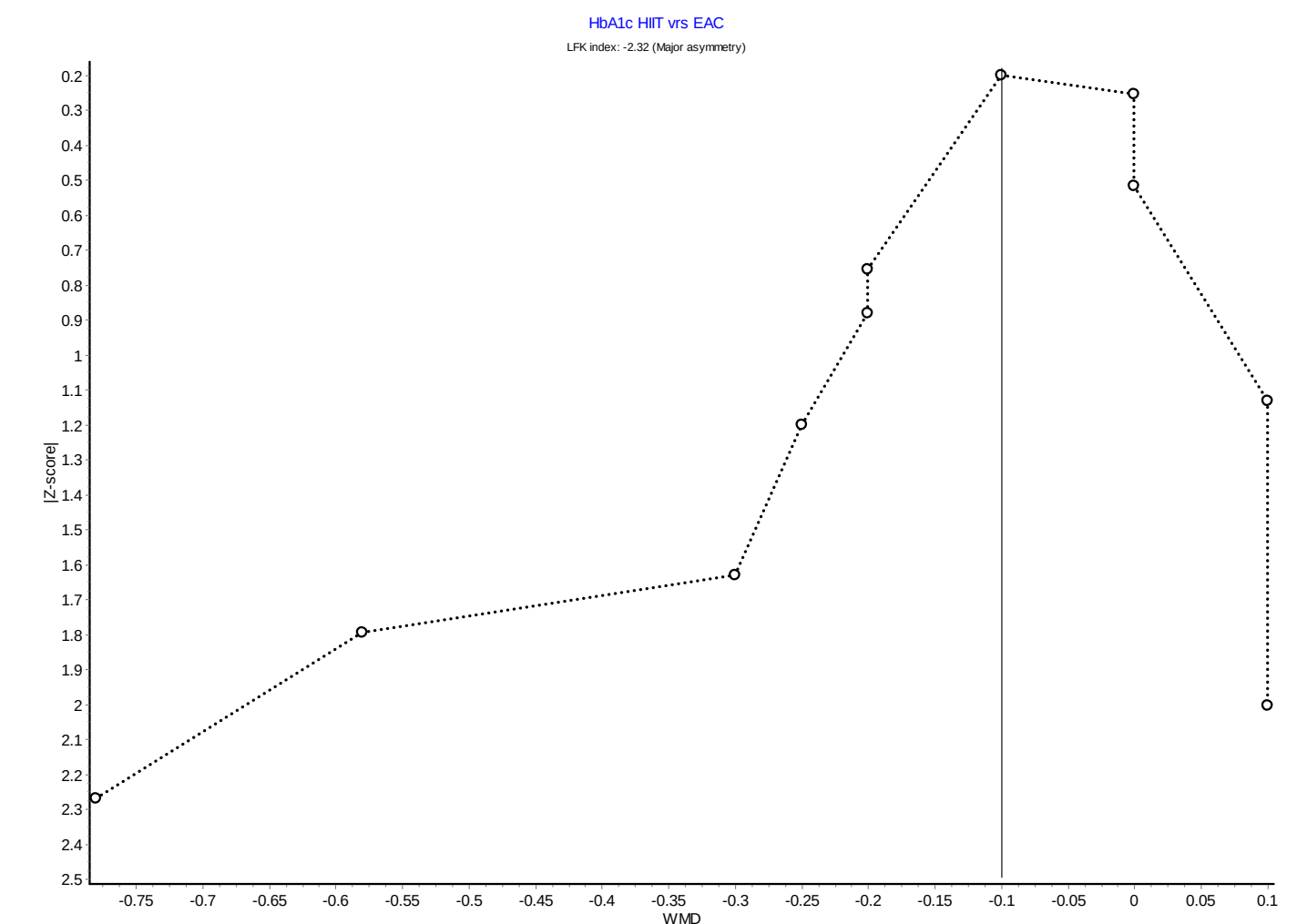
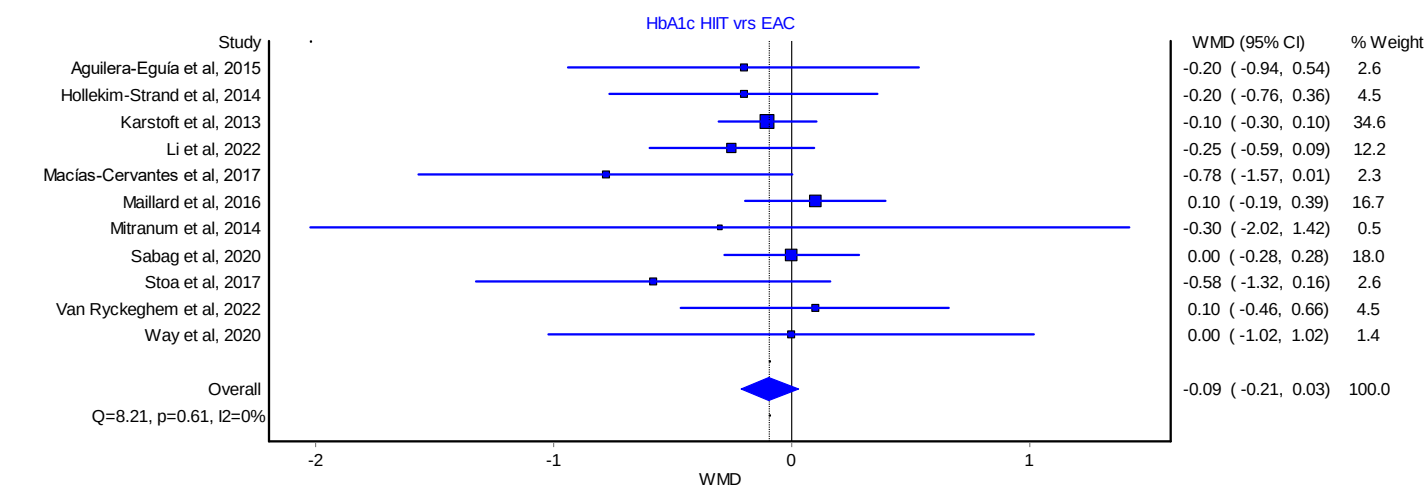


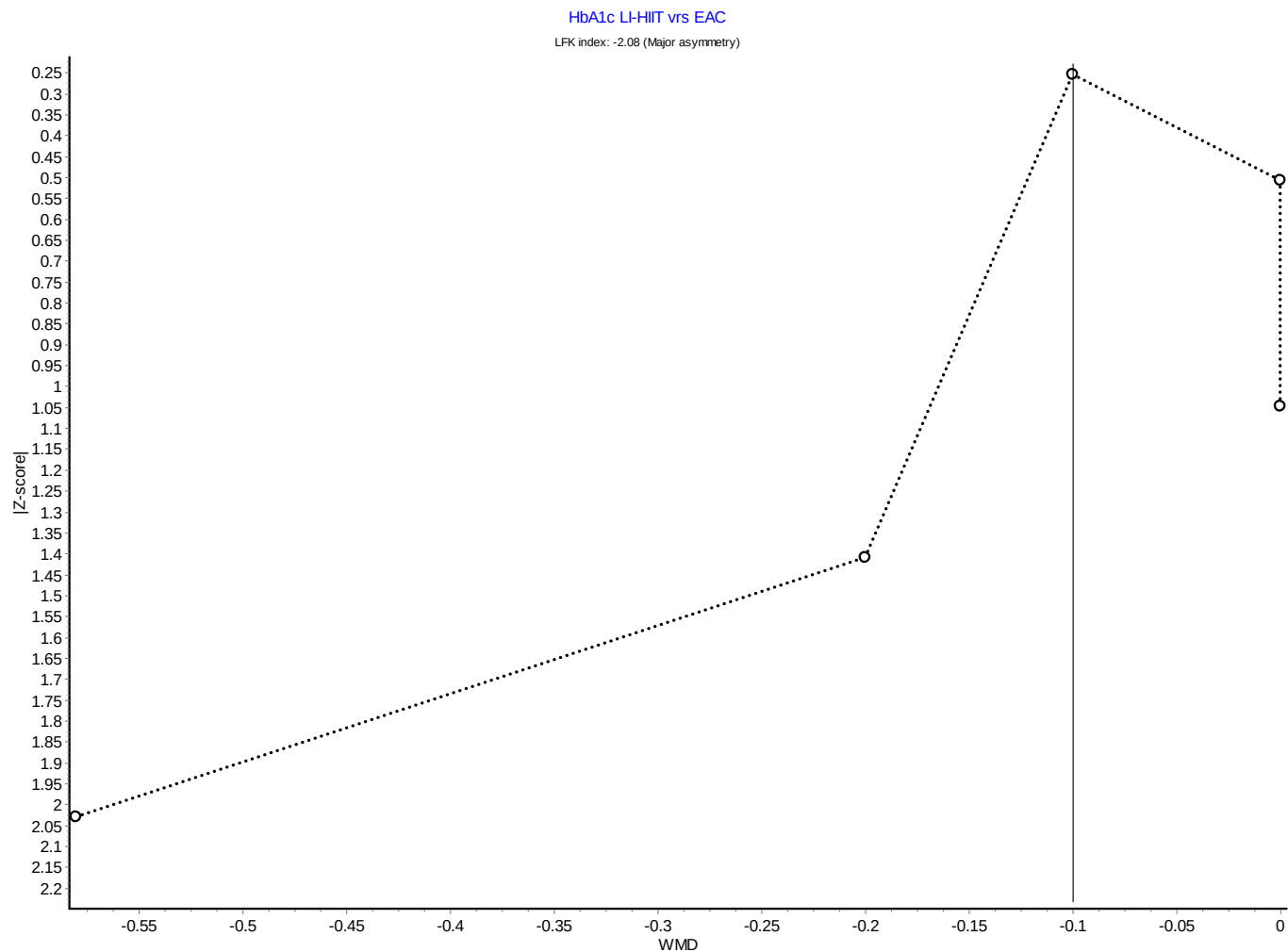
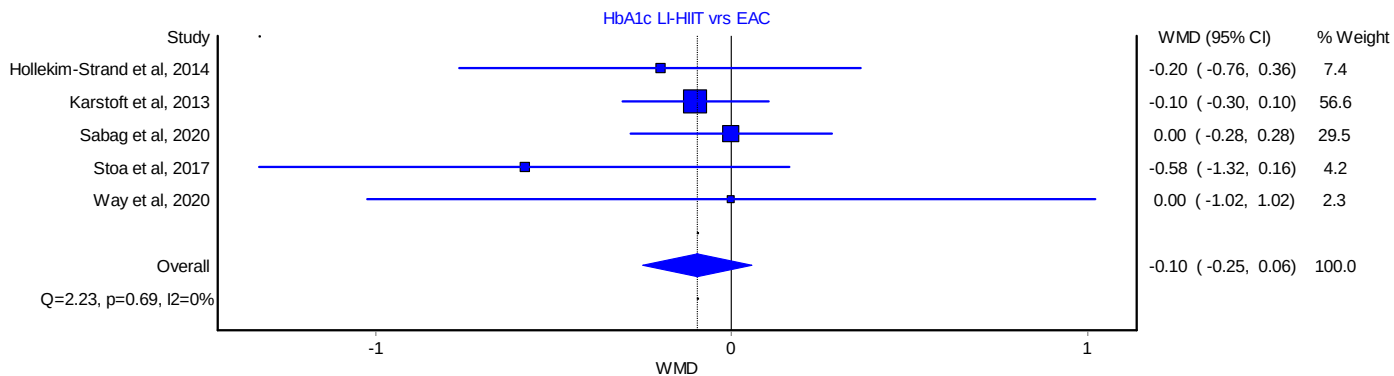
Sensibilidad:

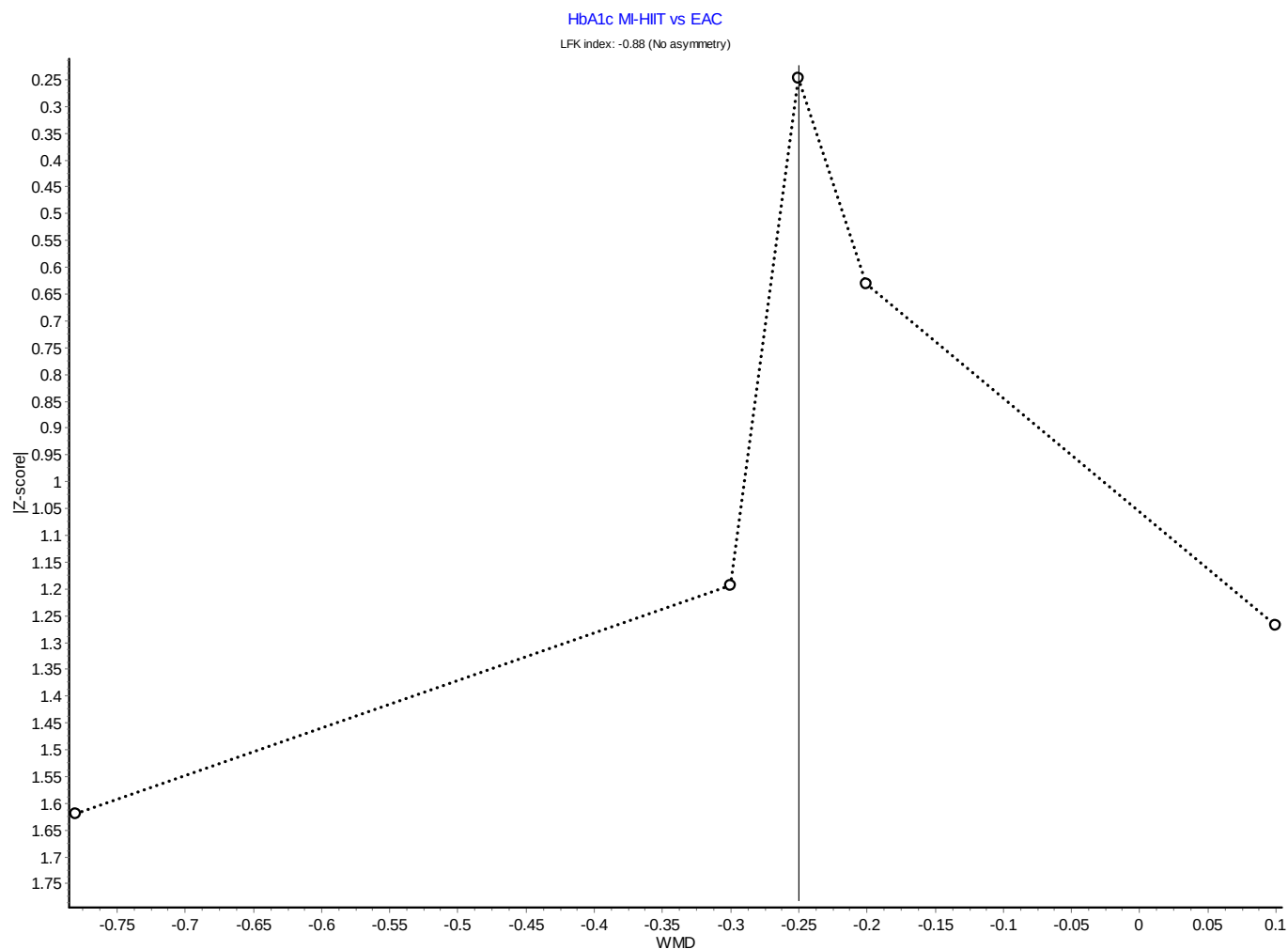
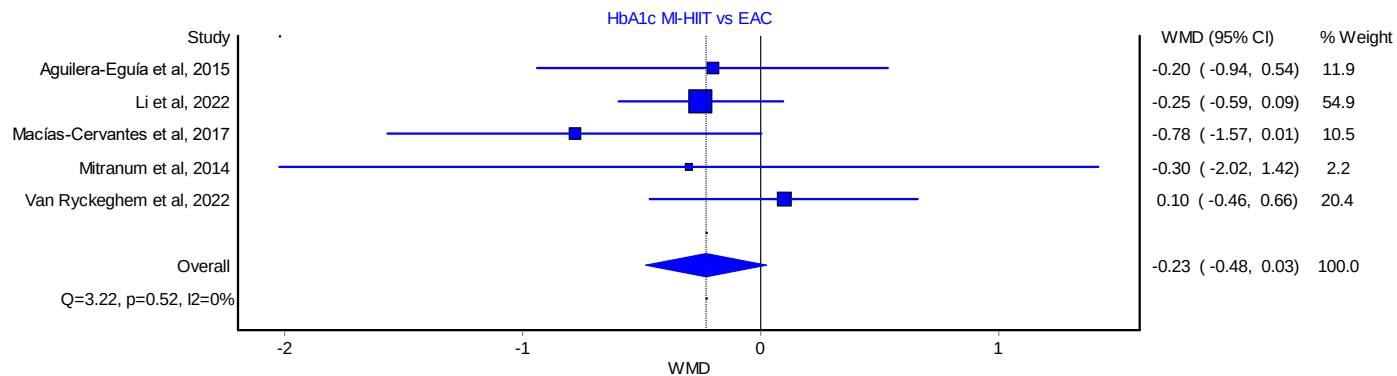


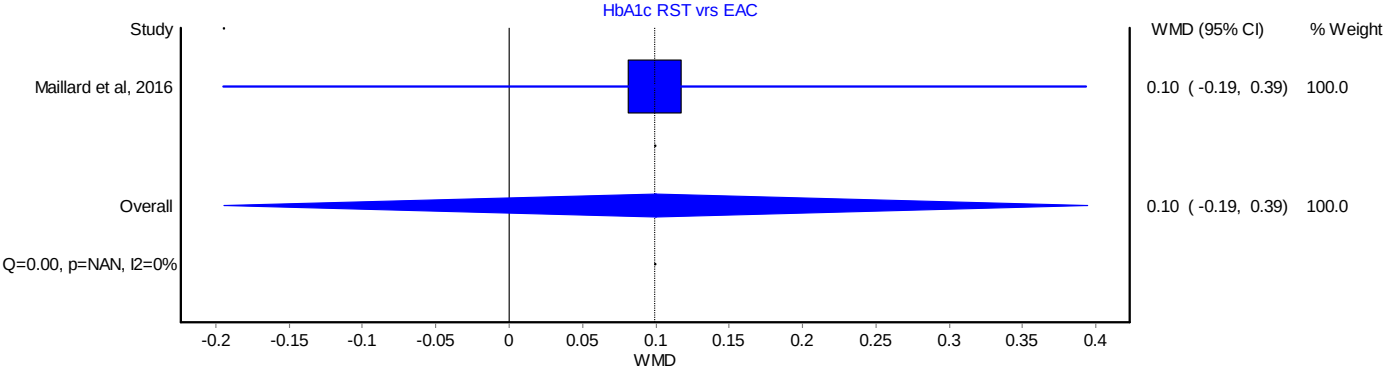
HIIT vs EAC

HbA1c

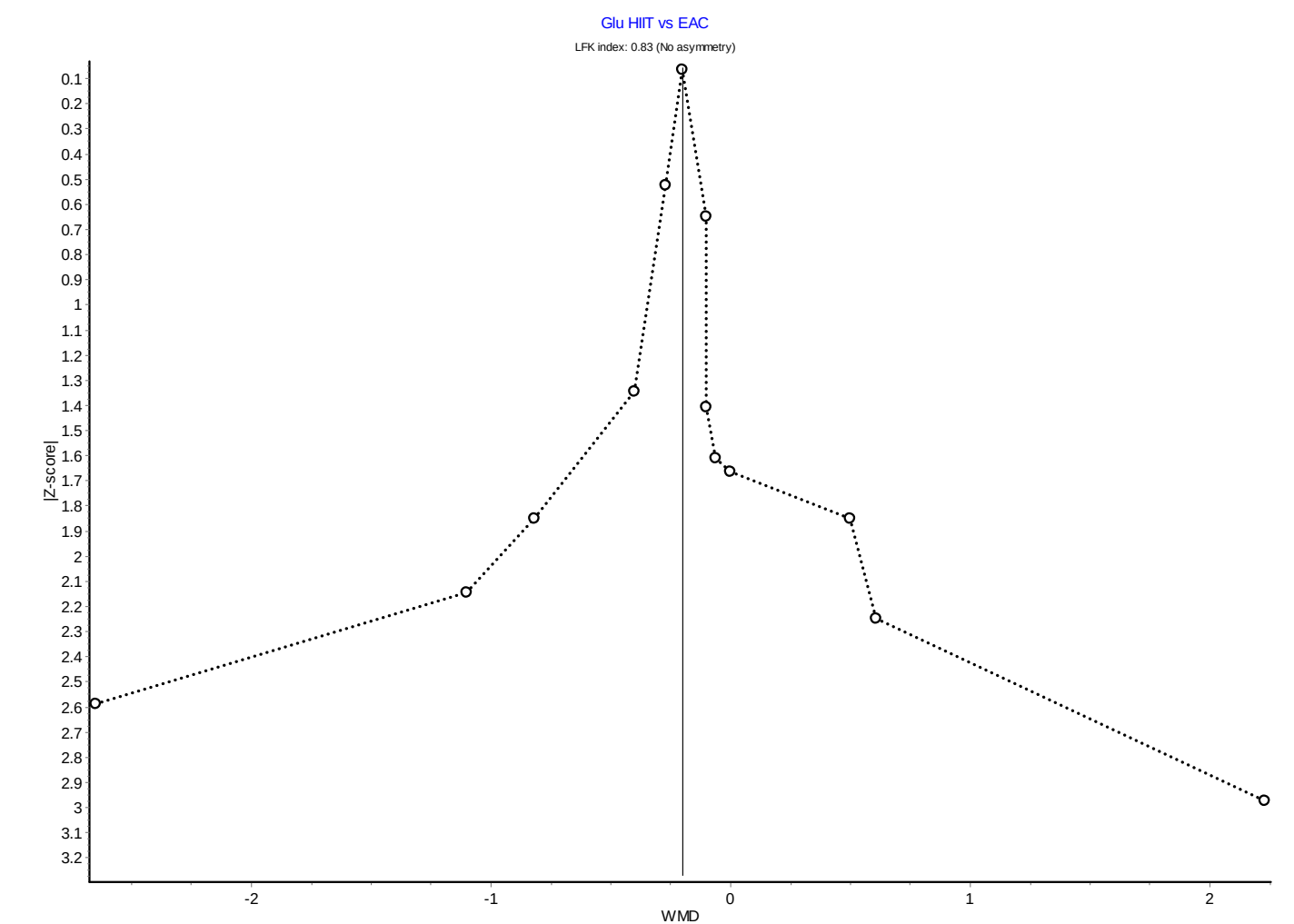
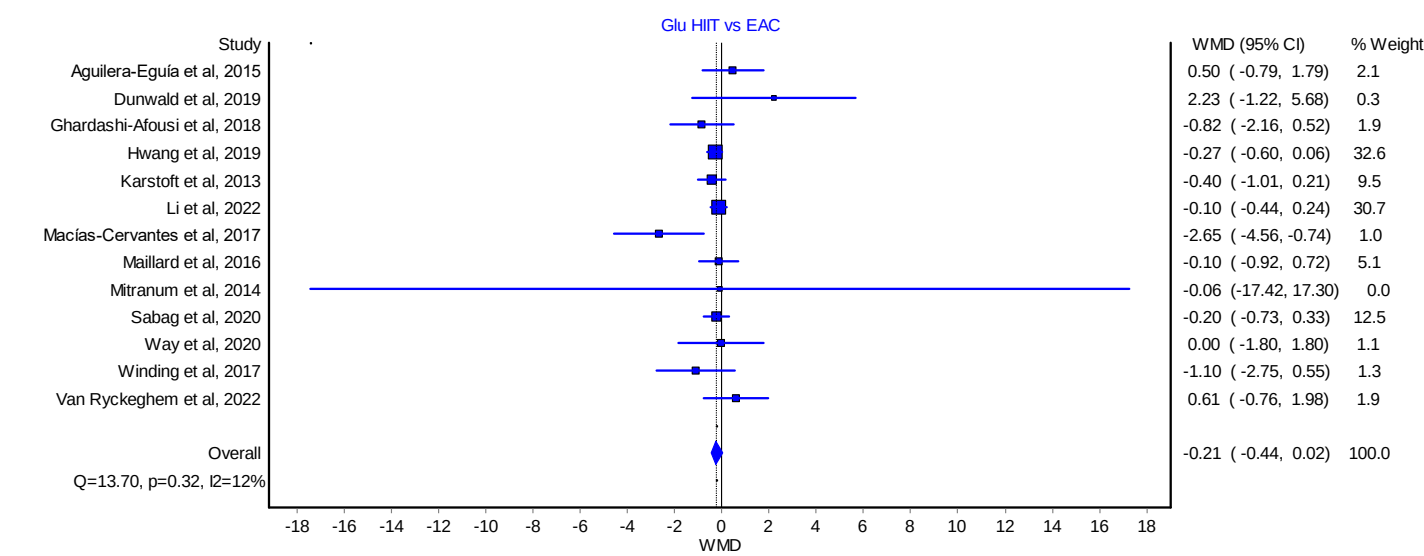


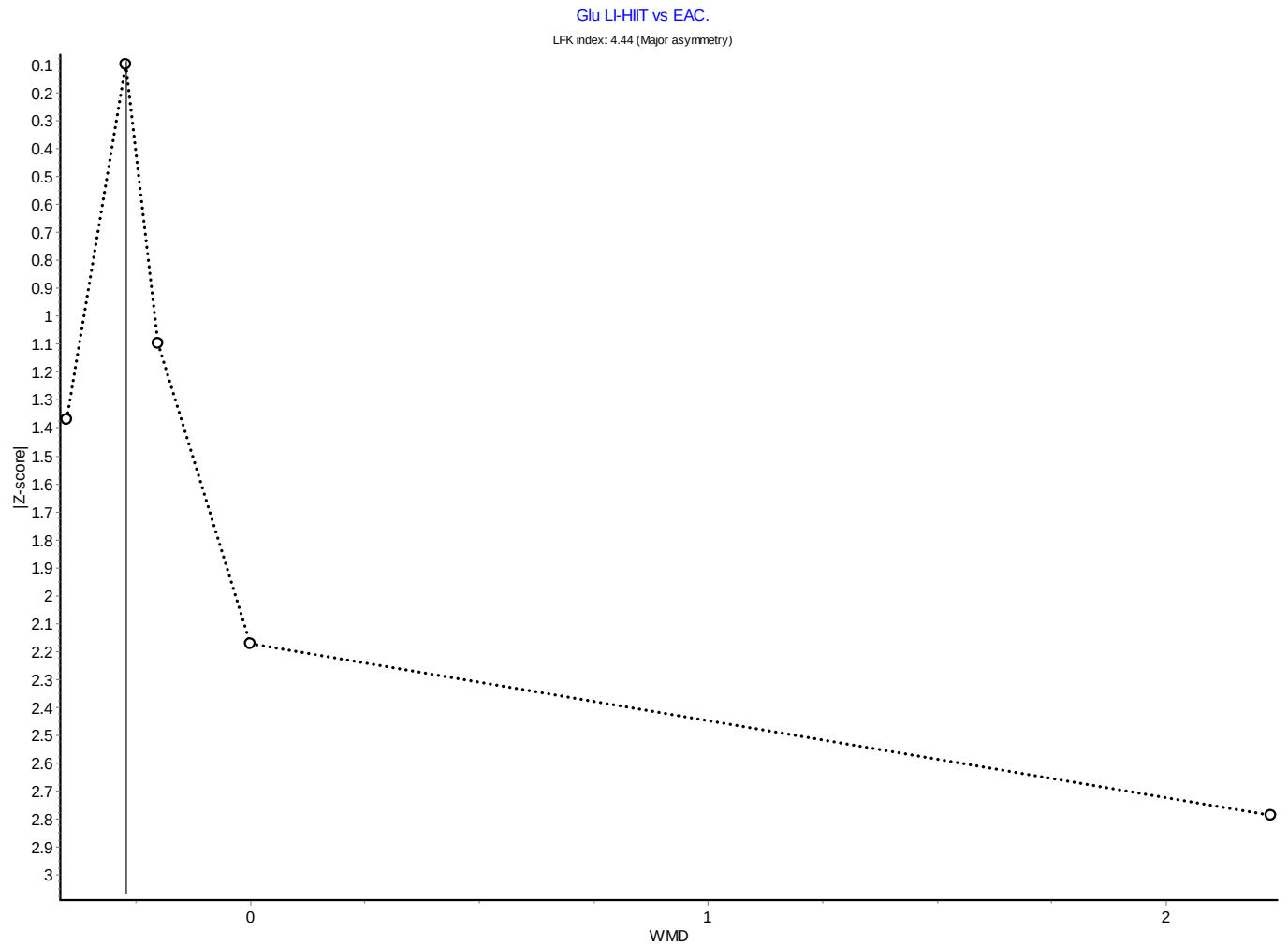
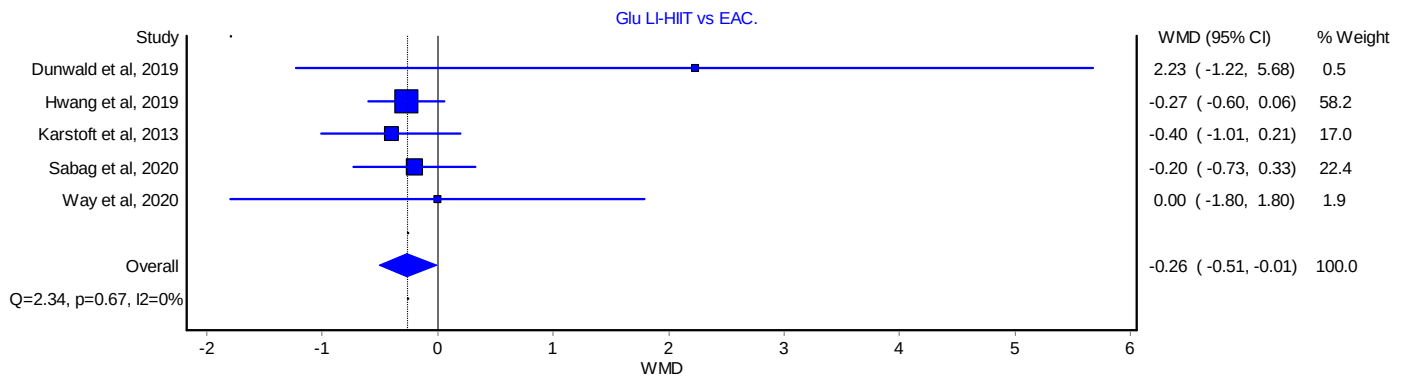


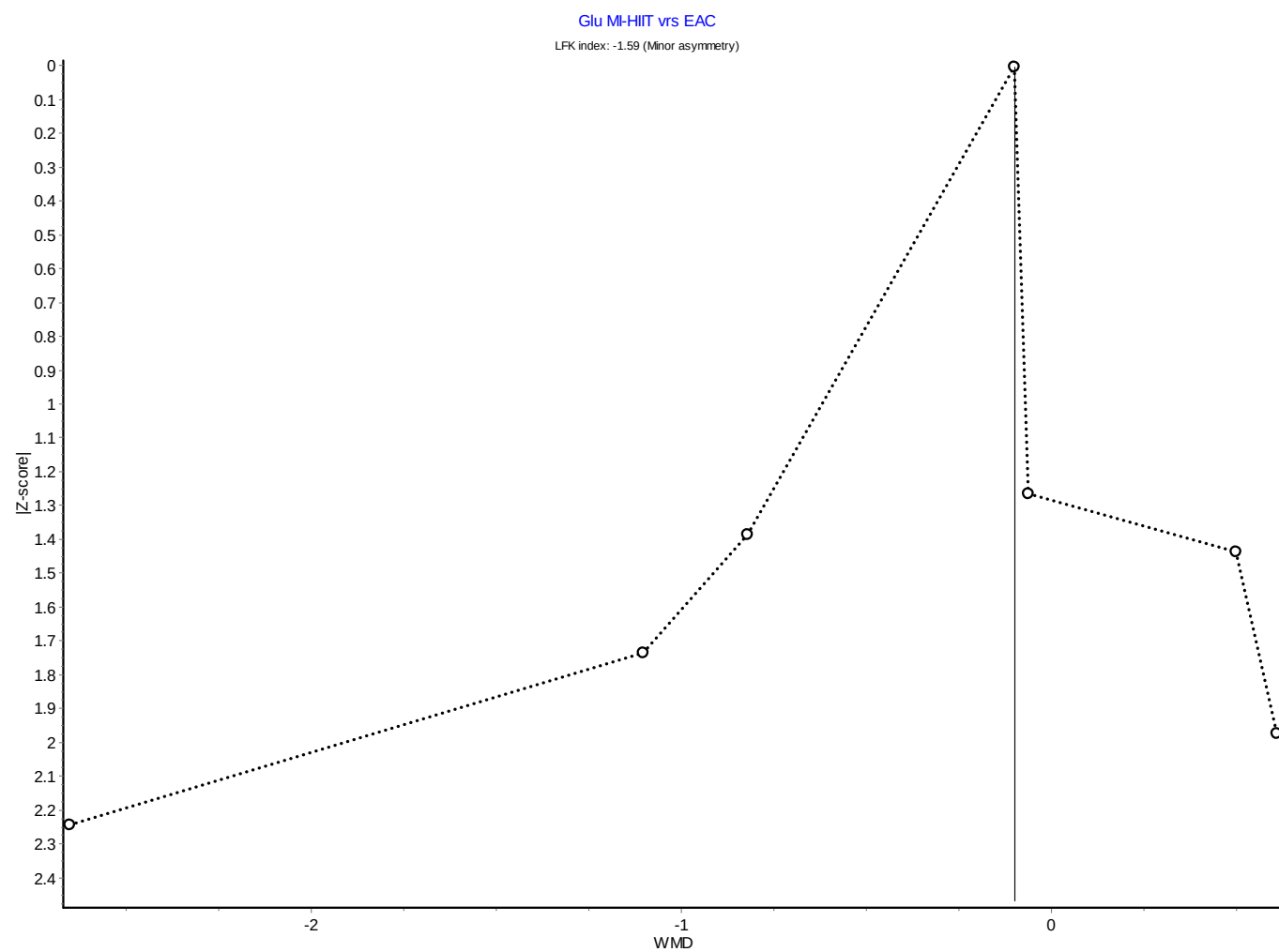
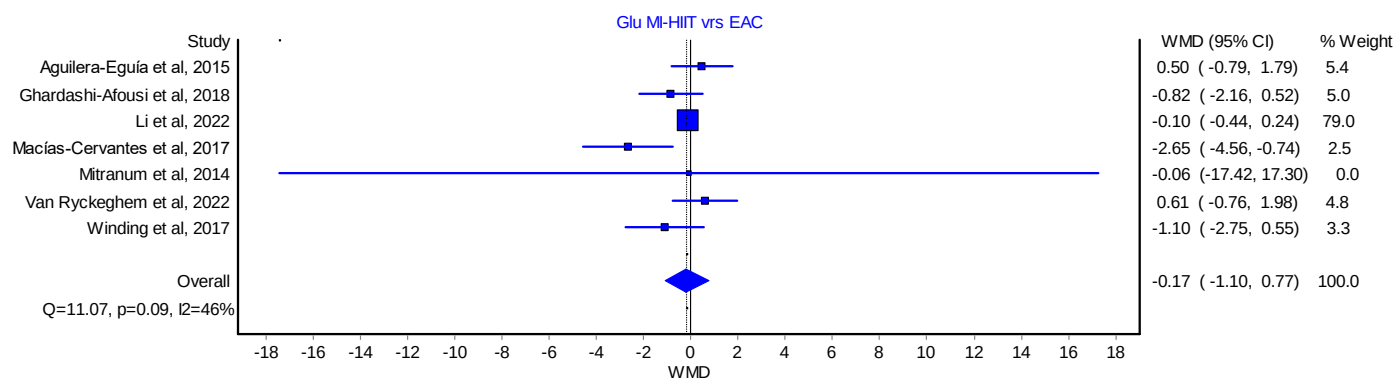




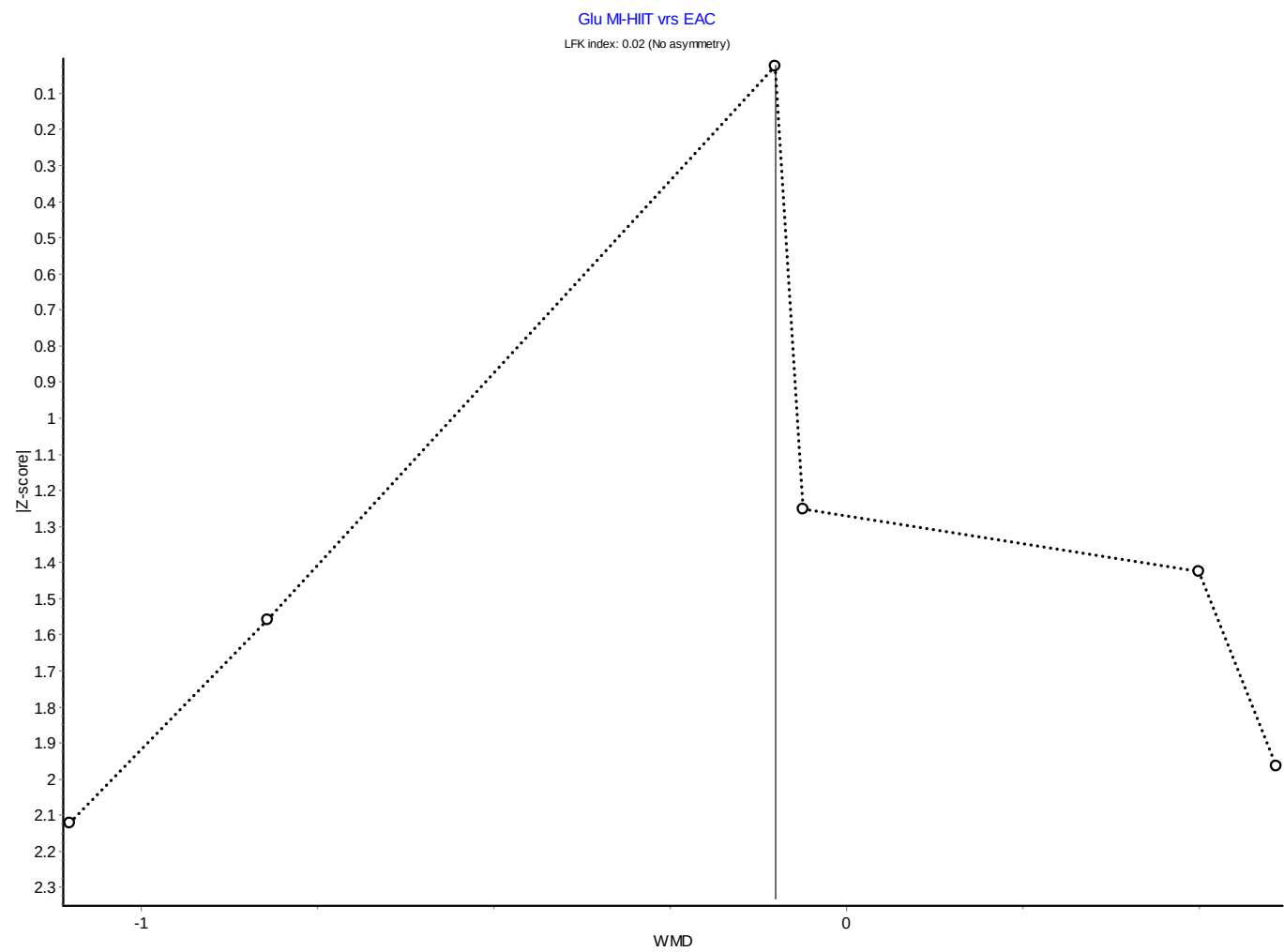
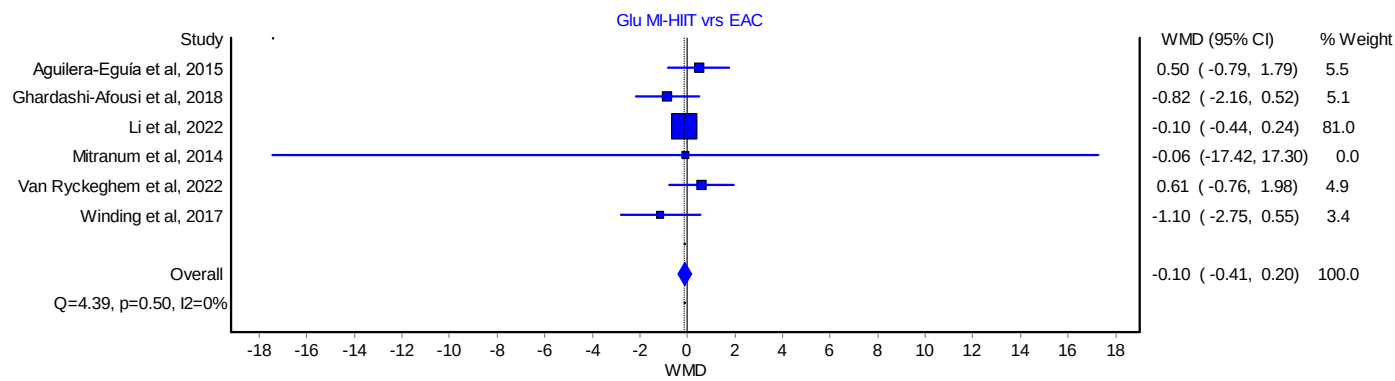
Glicemia

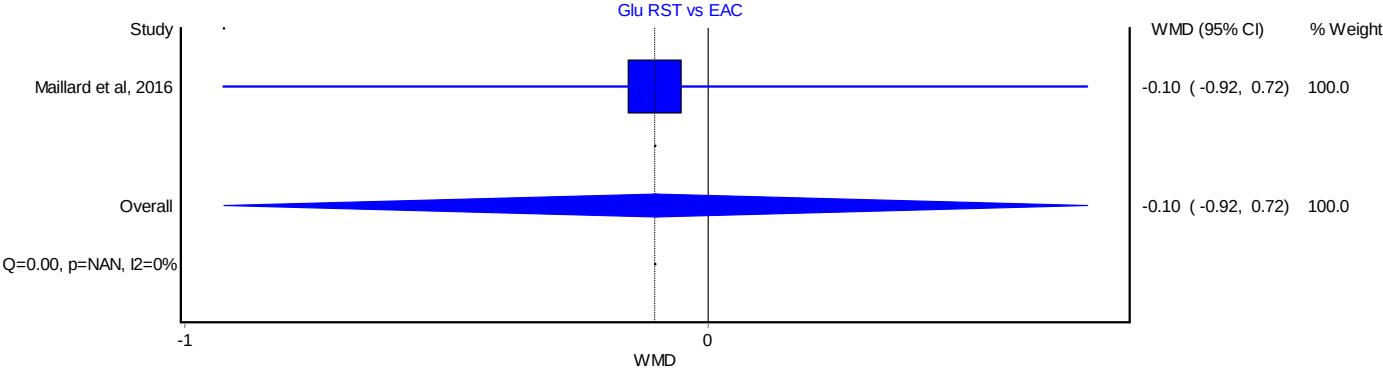




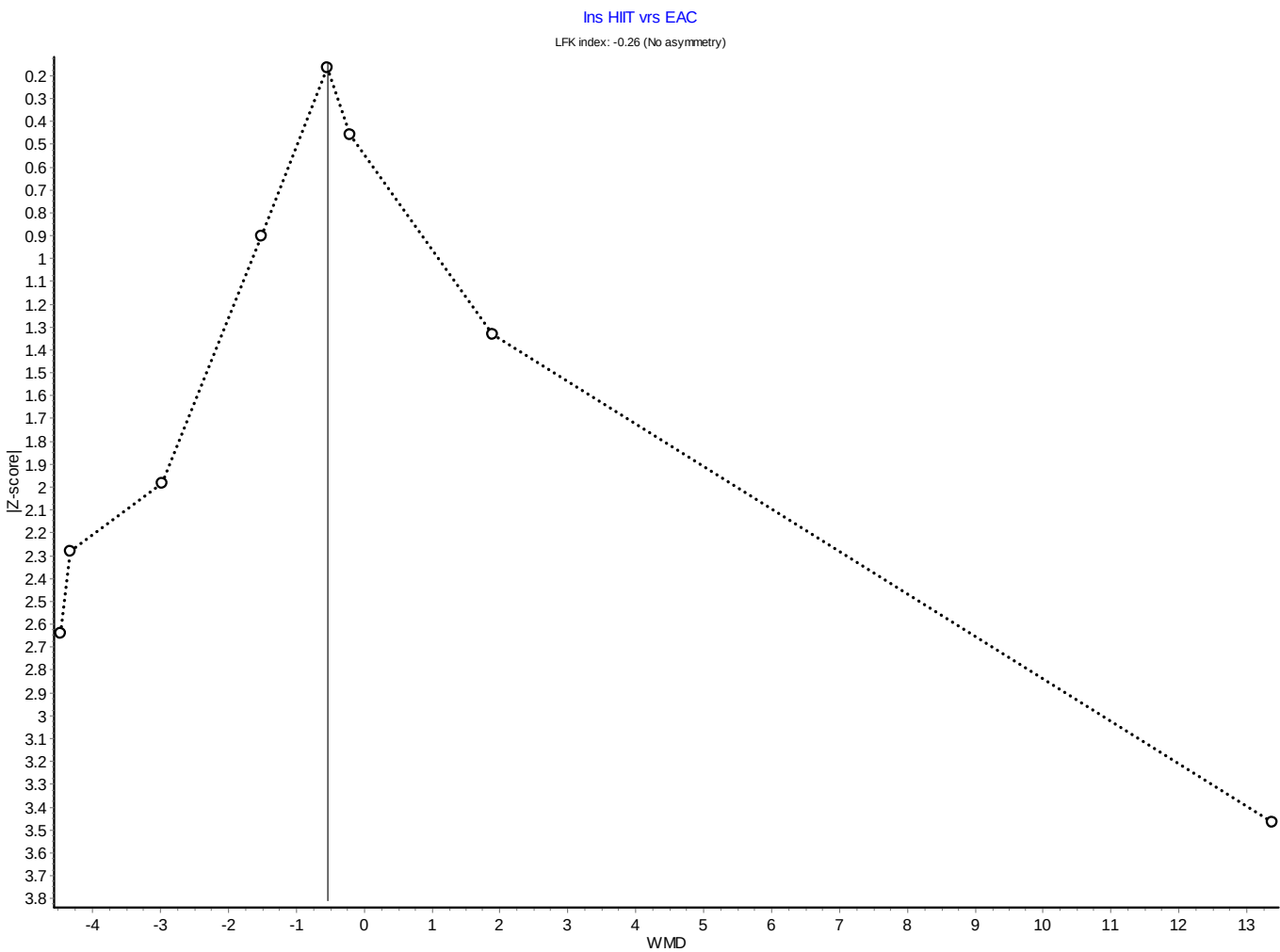
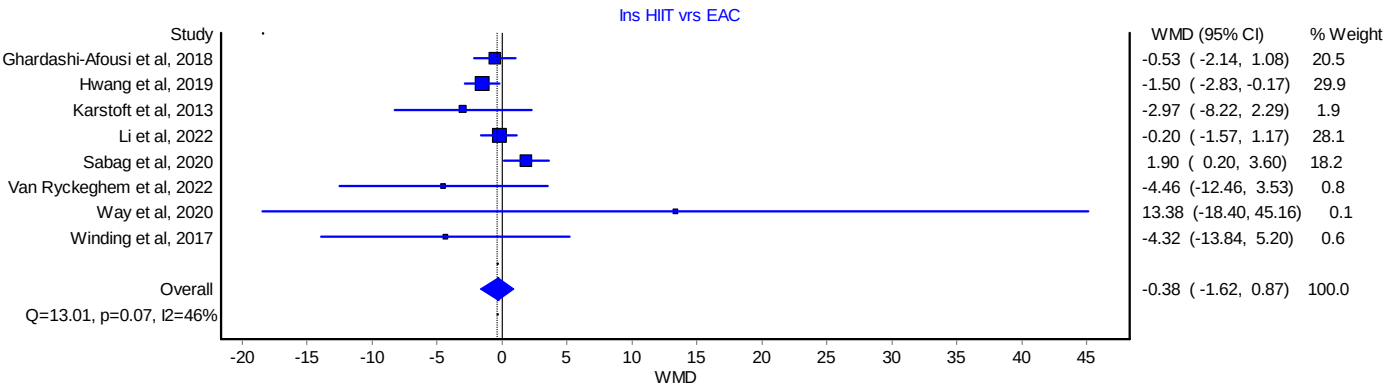


Sensibilidad:

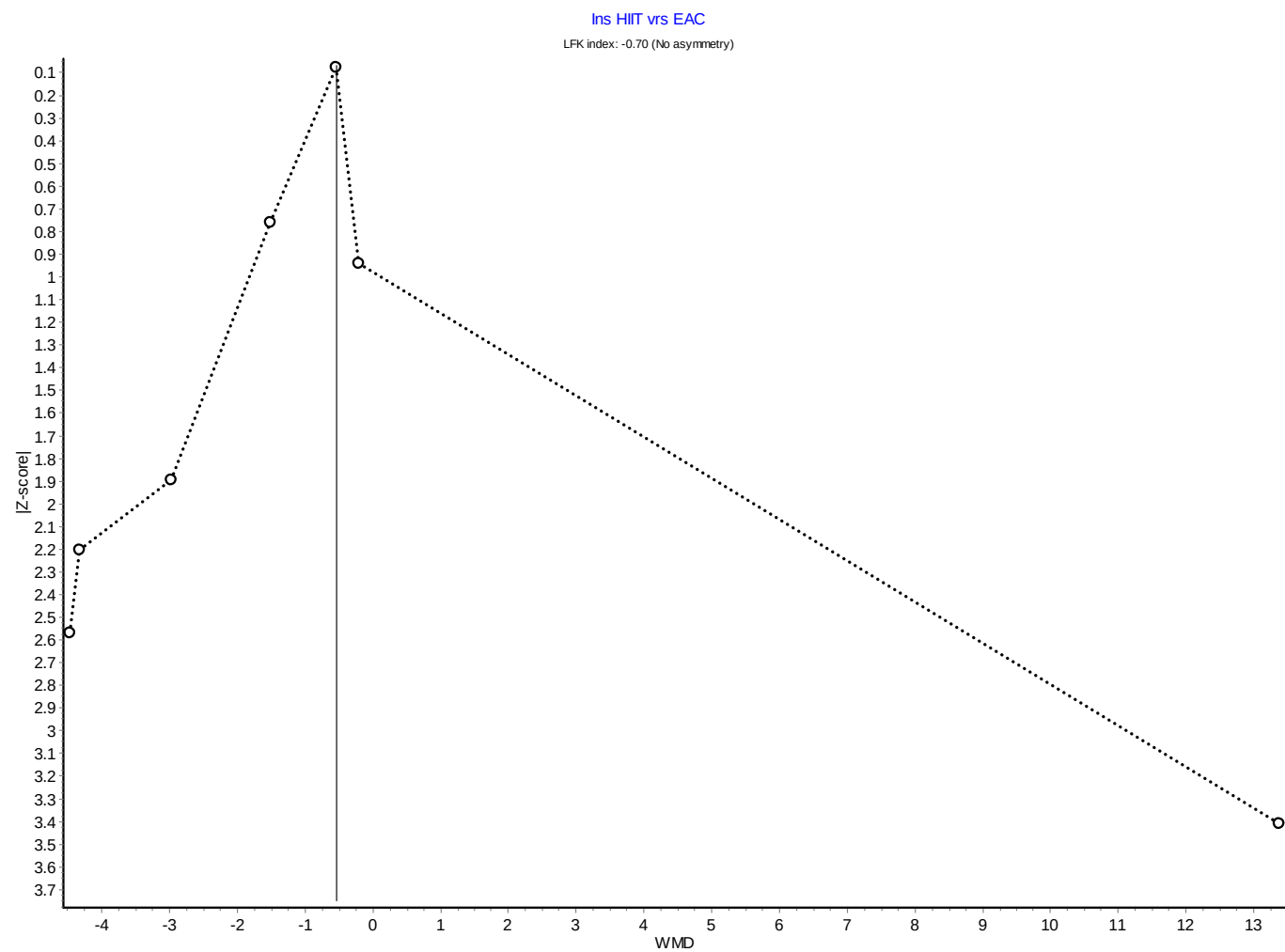
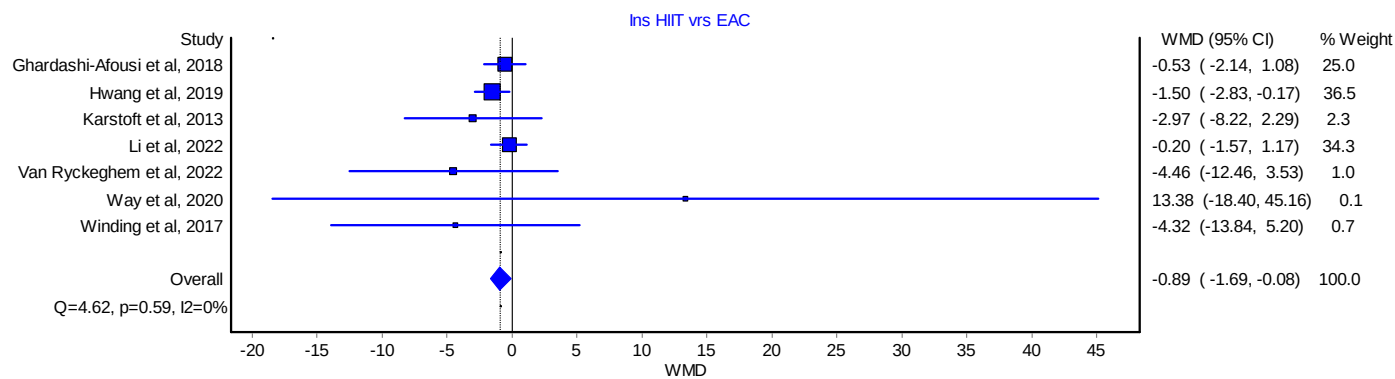


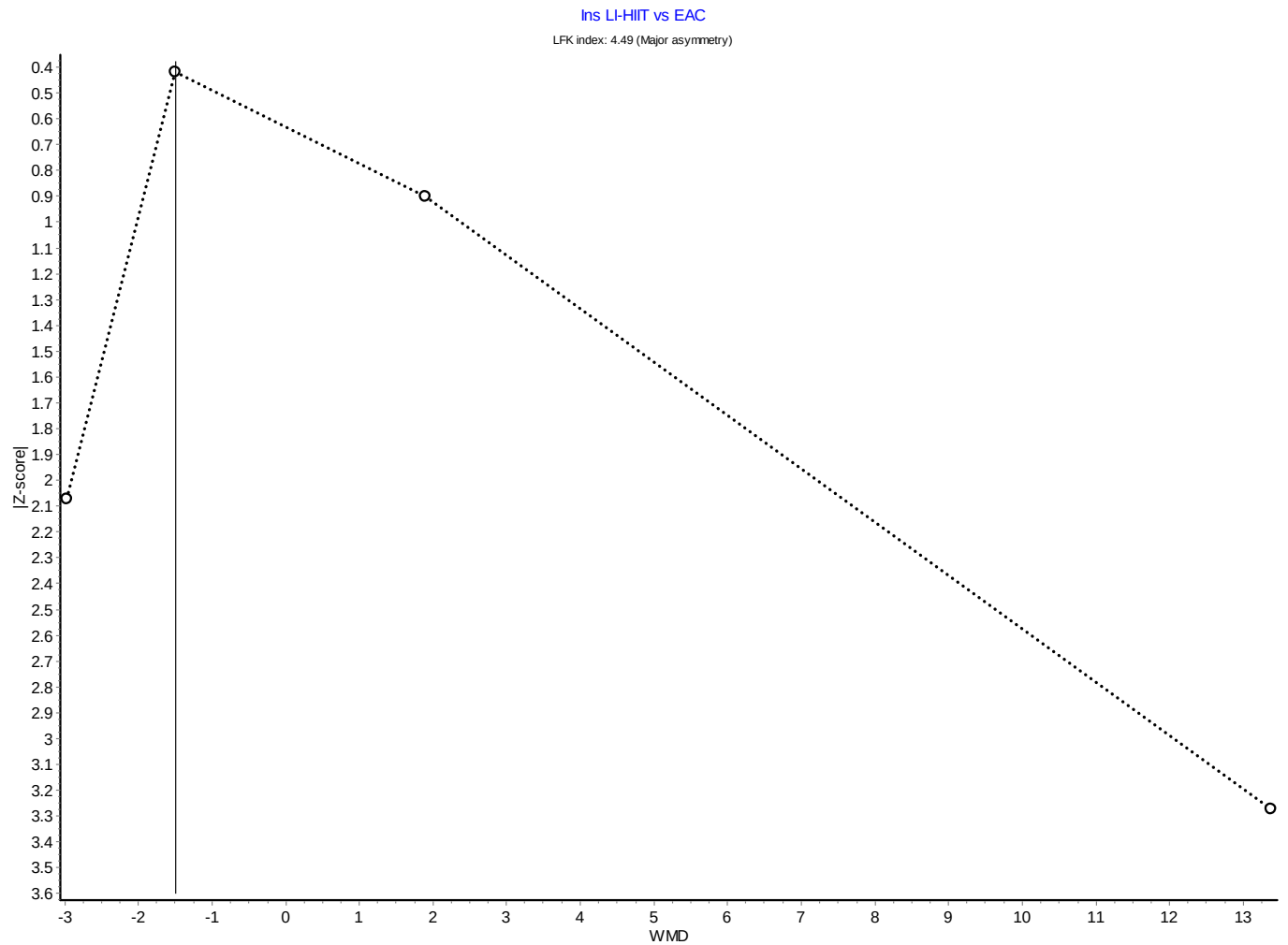
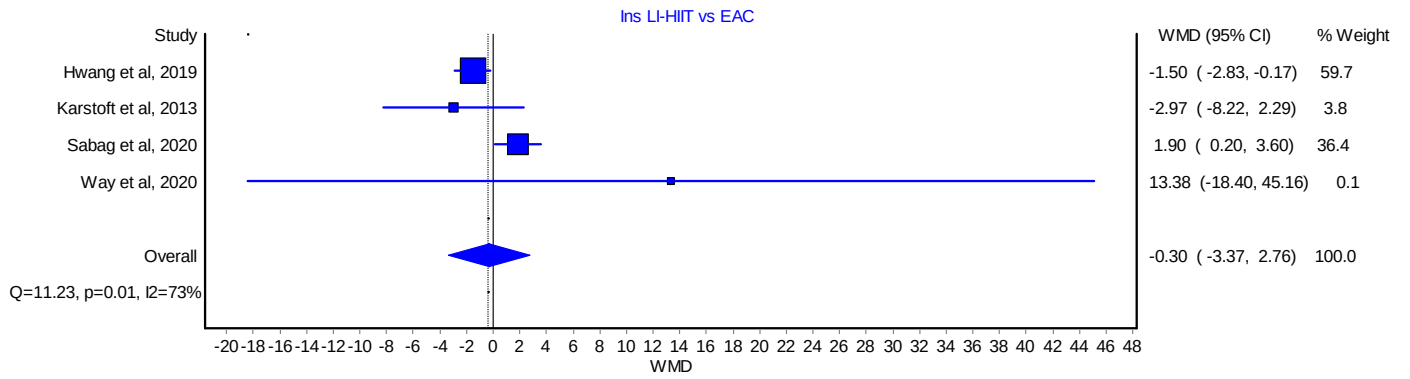


Insulinemia

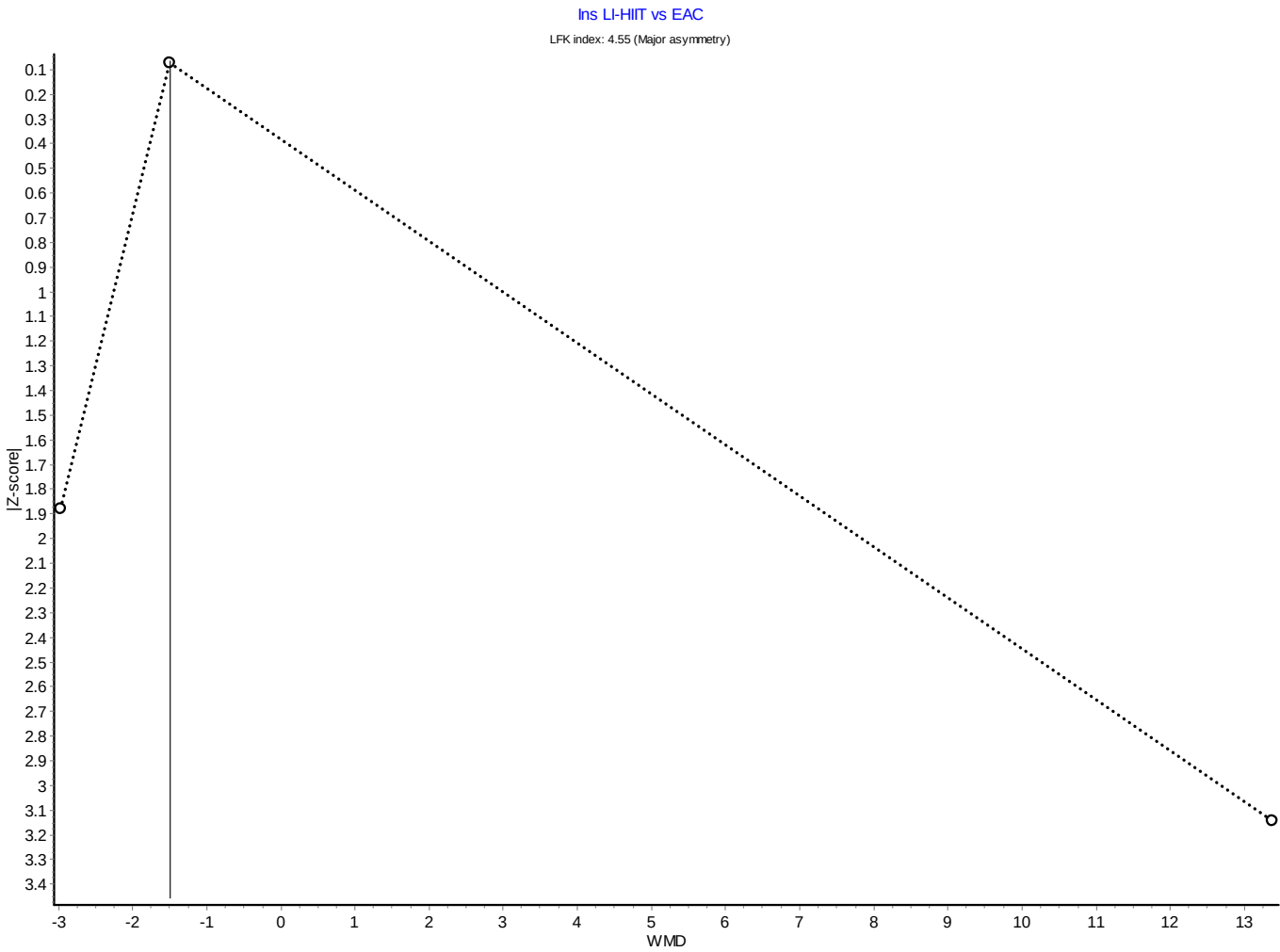
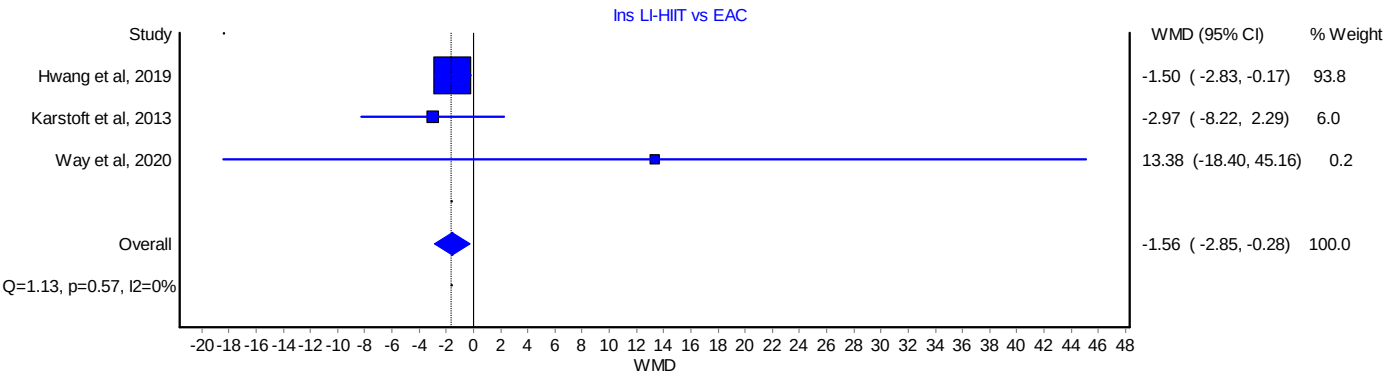


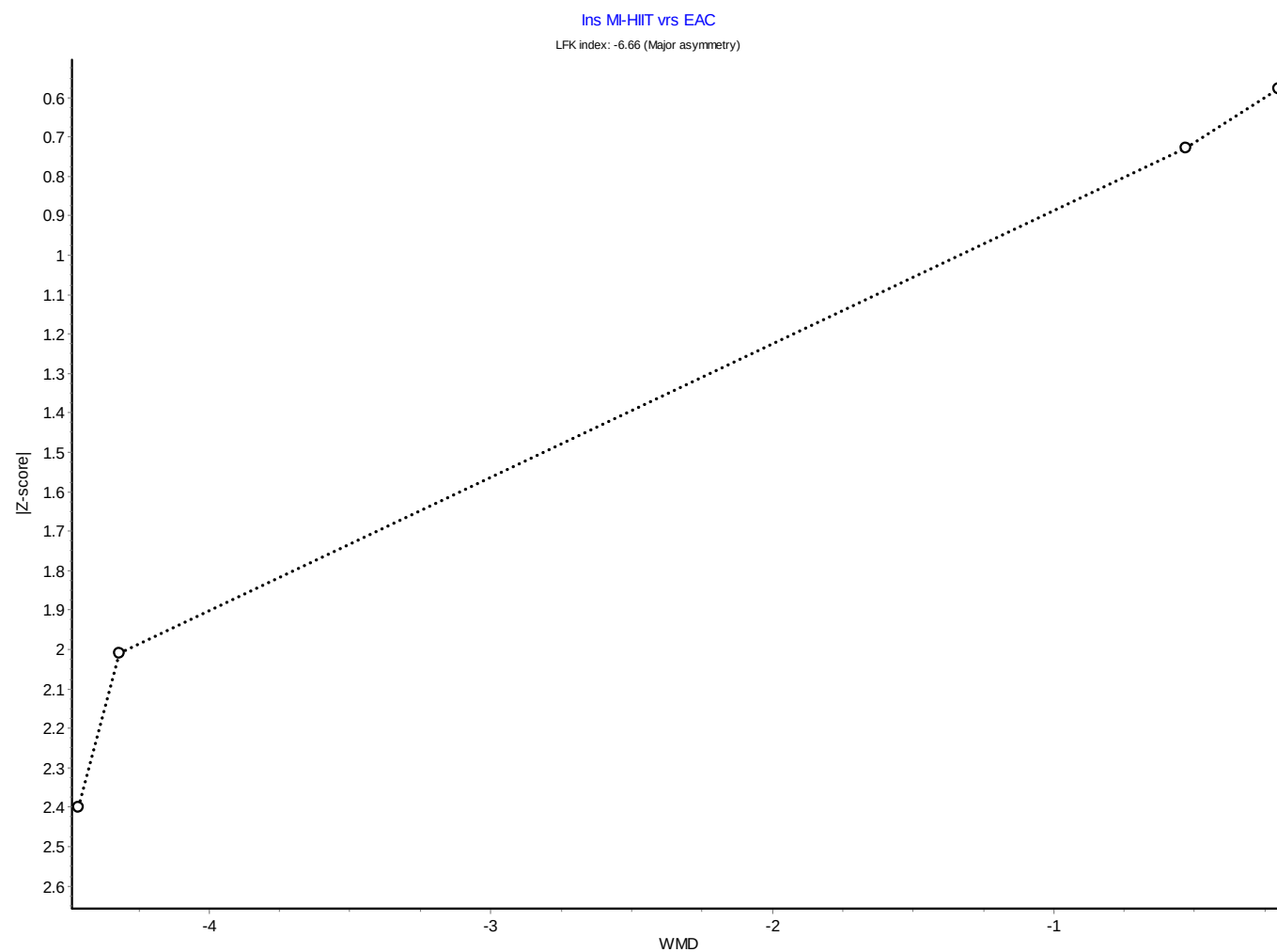
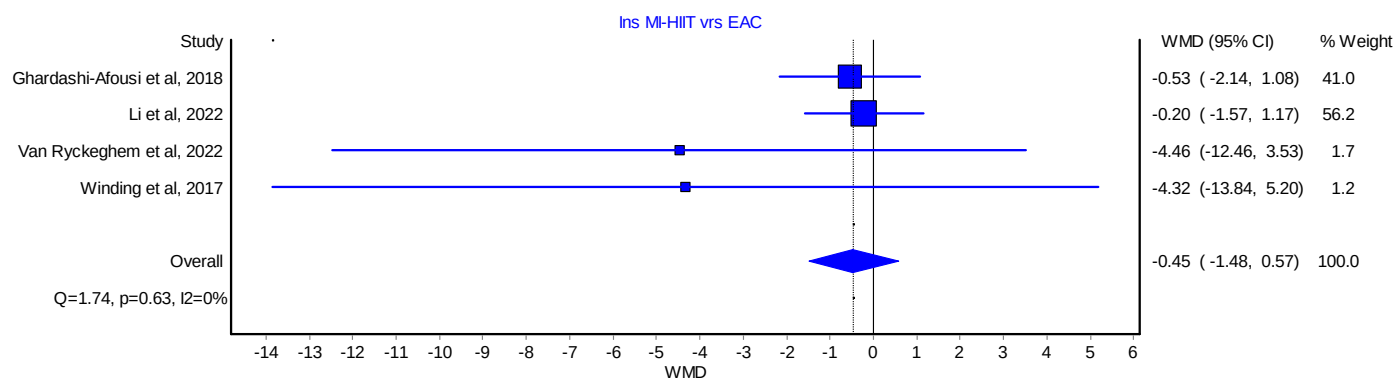
Sensibilidad:



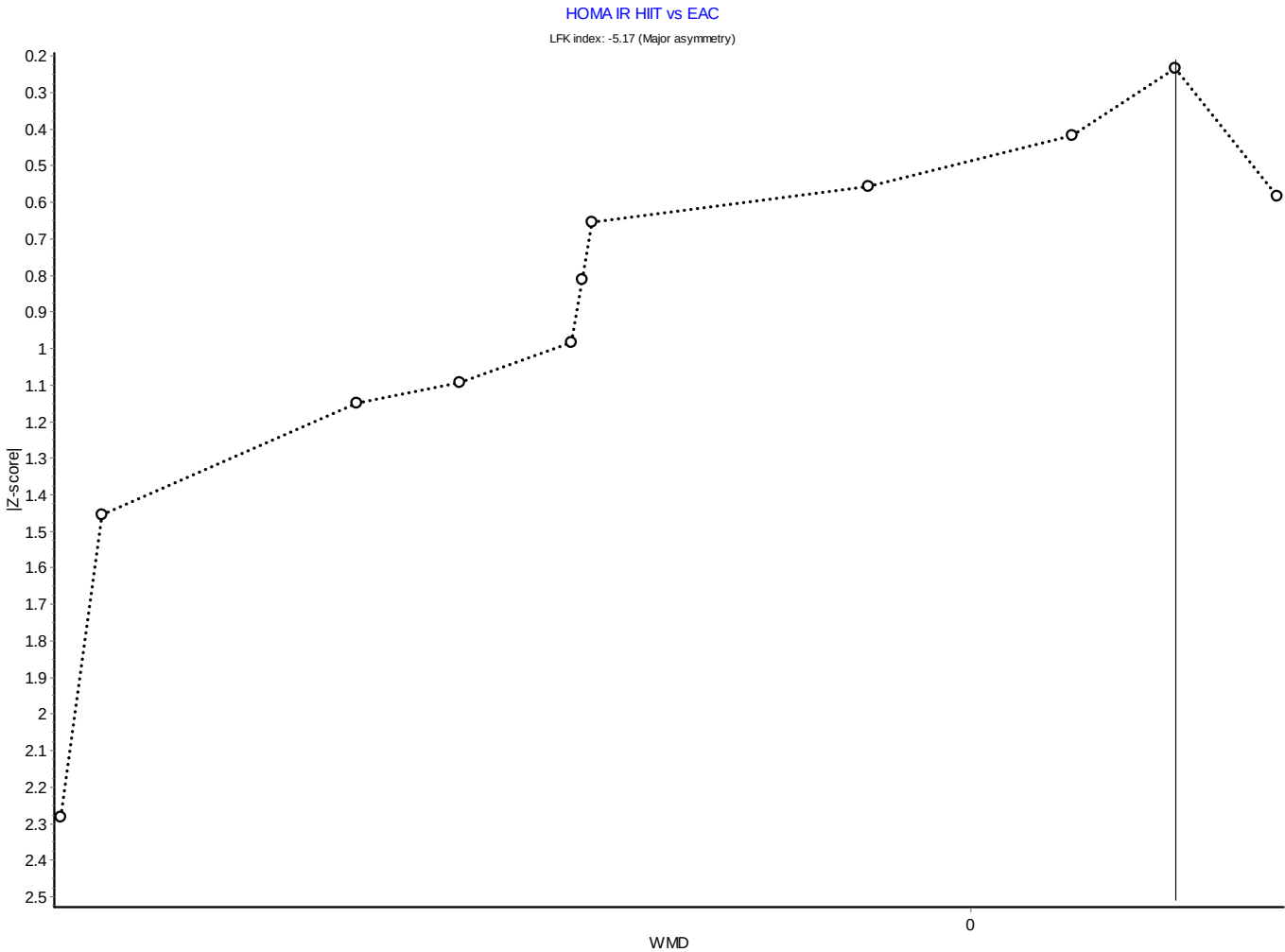
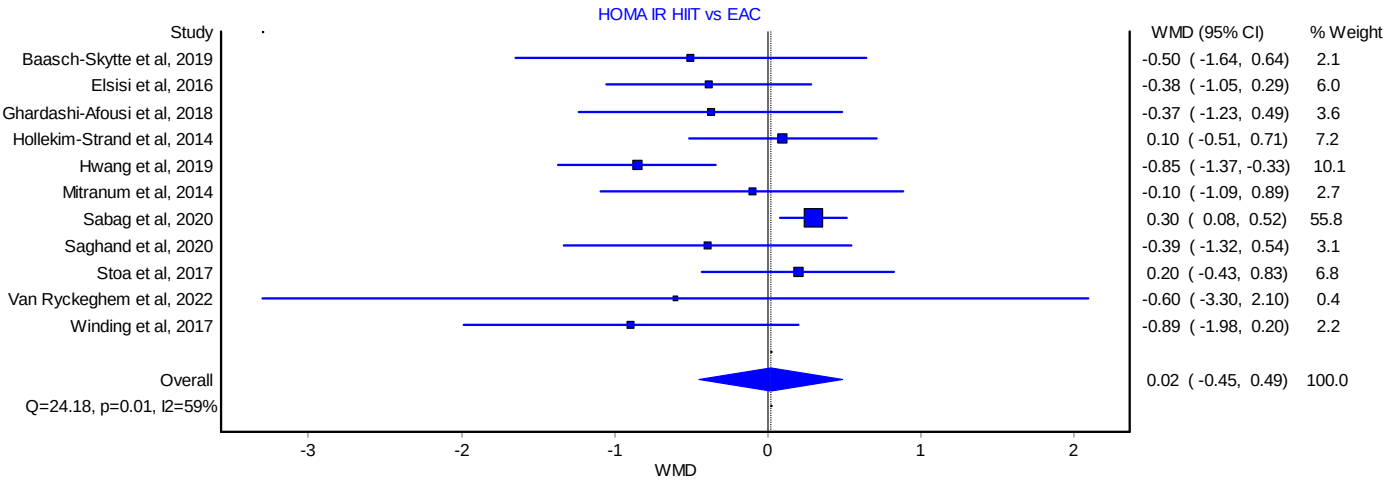


Sensibilidad:

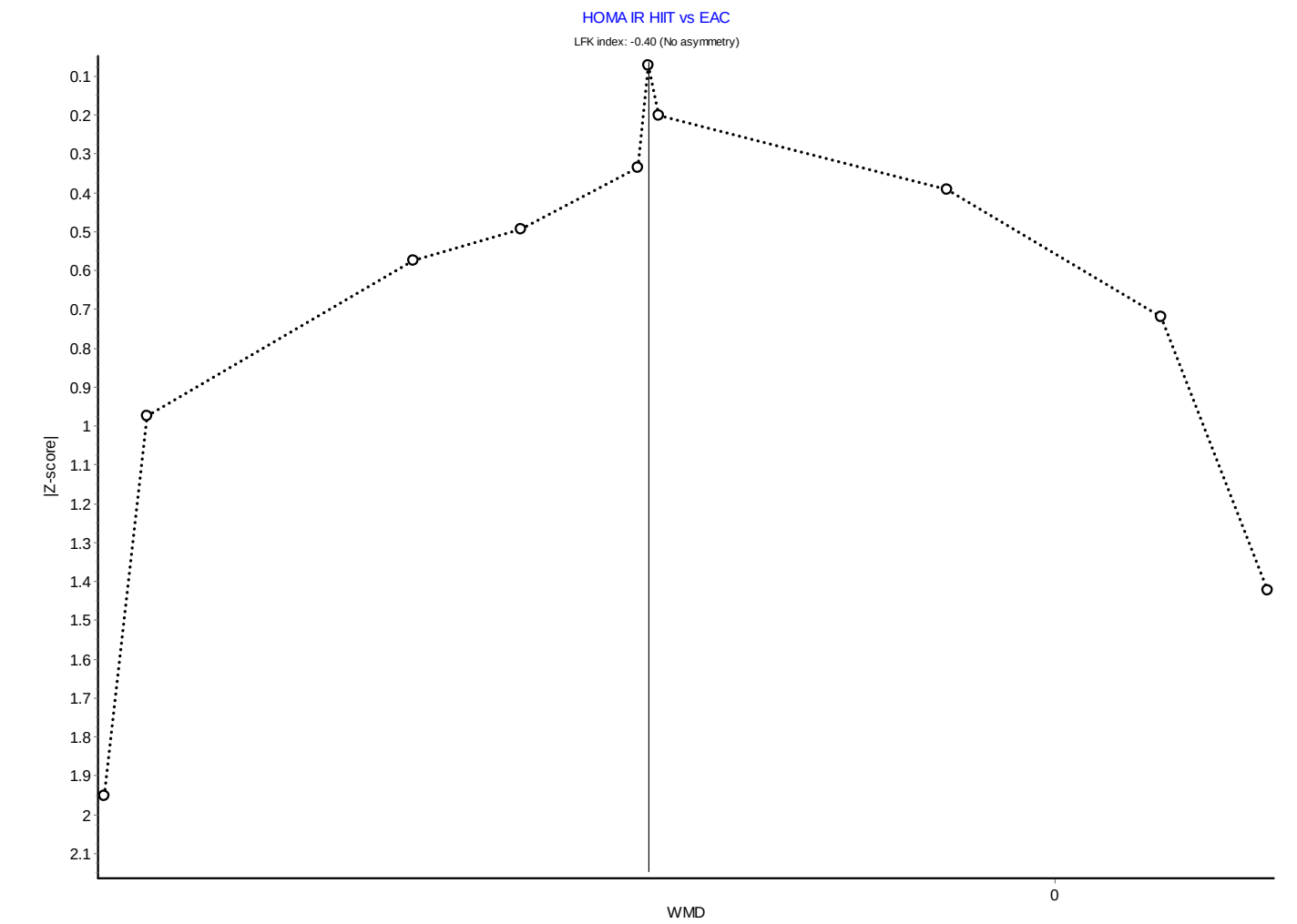
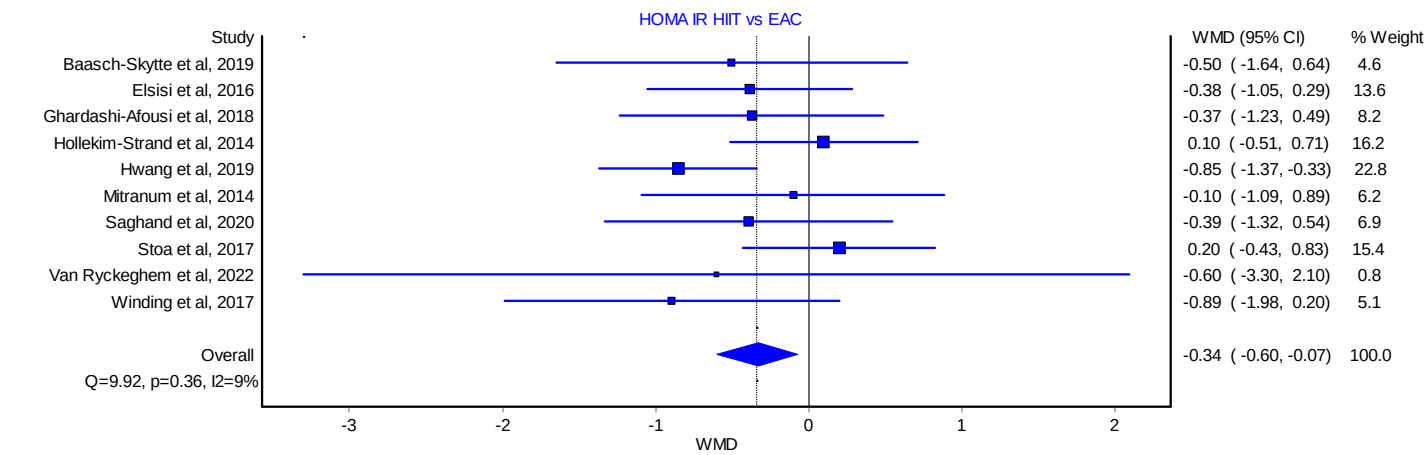


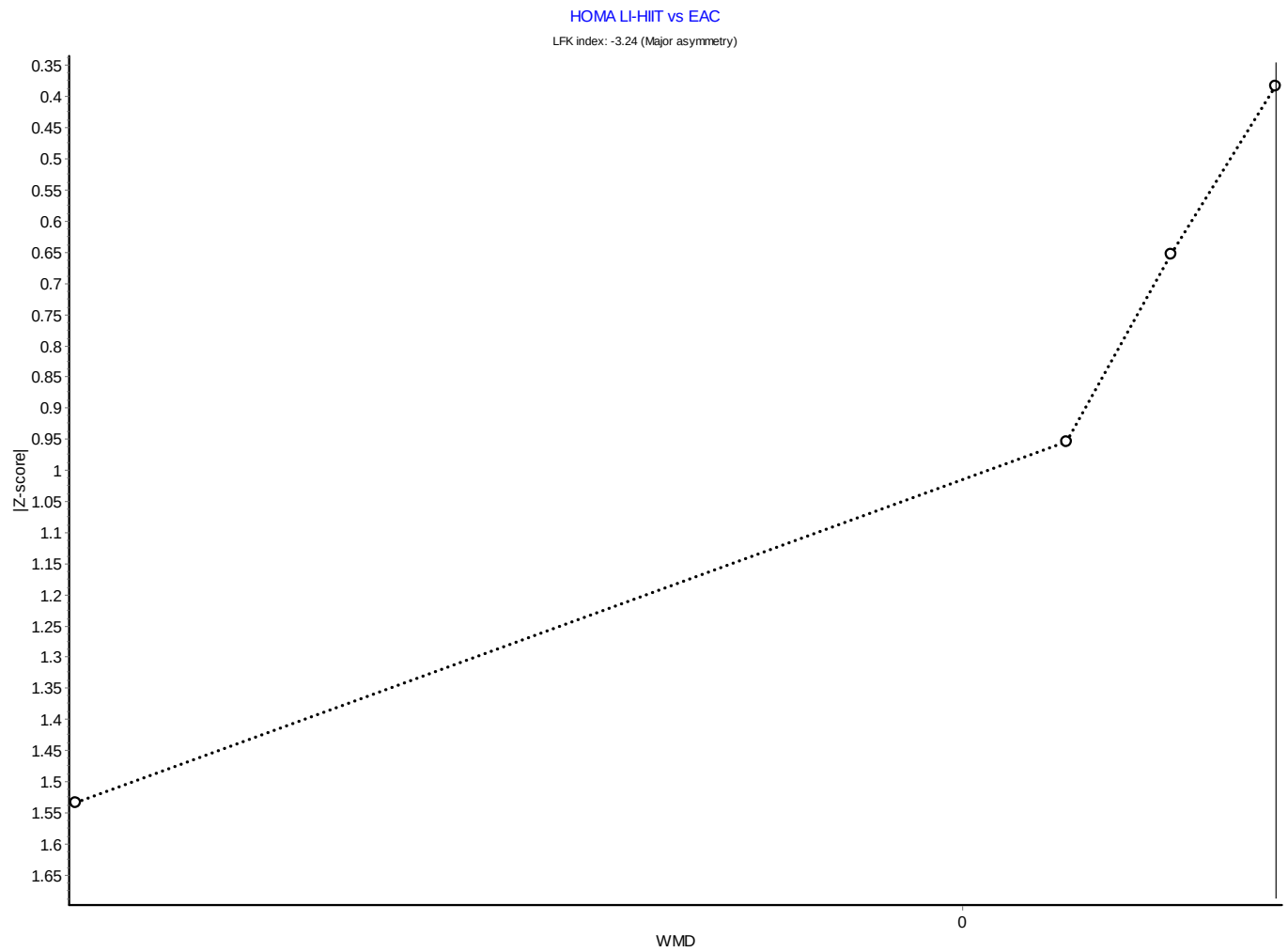
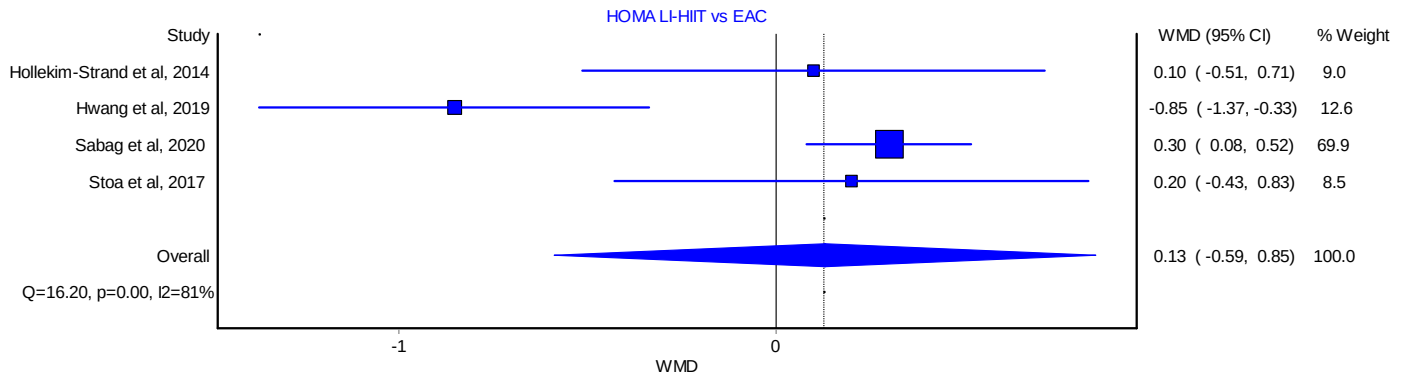


Índice de HOMA

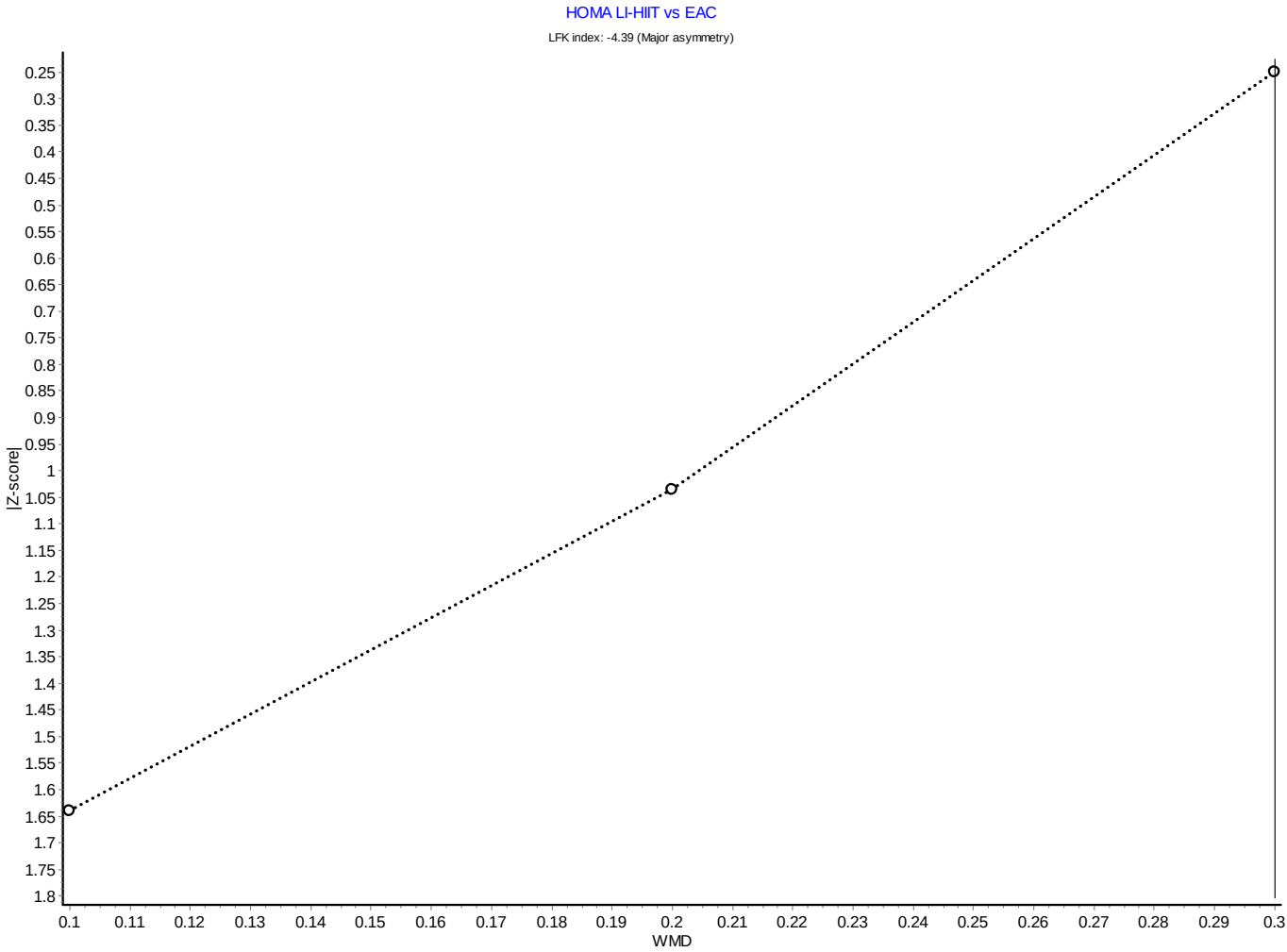
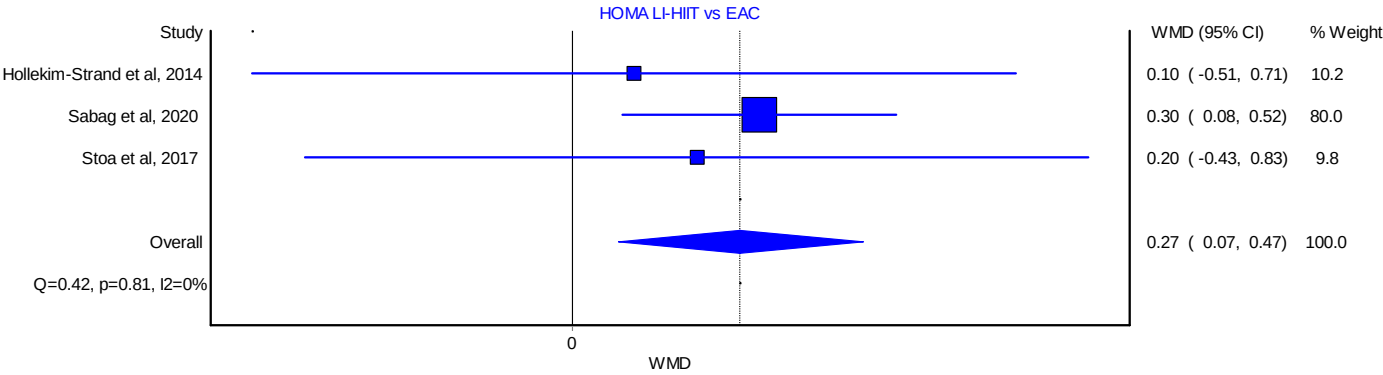


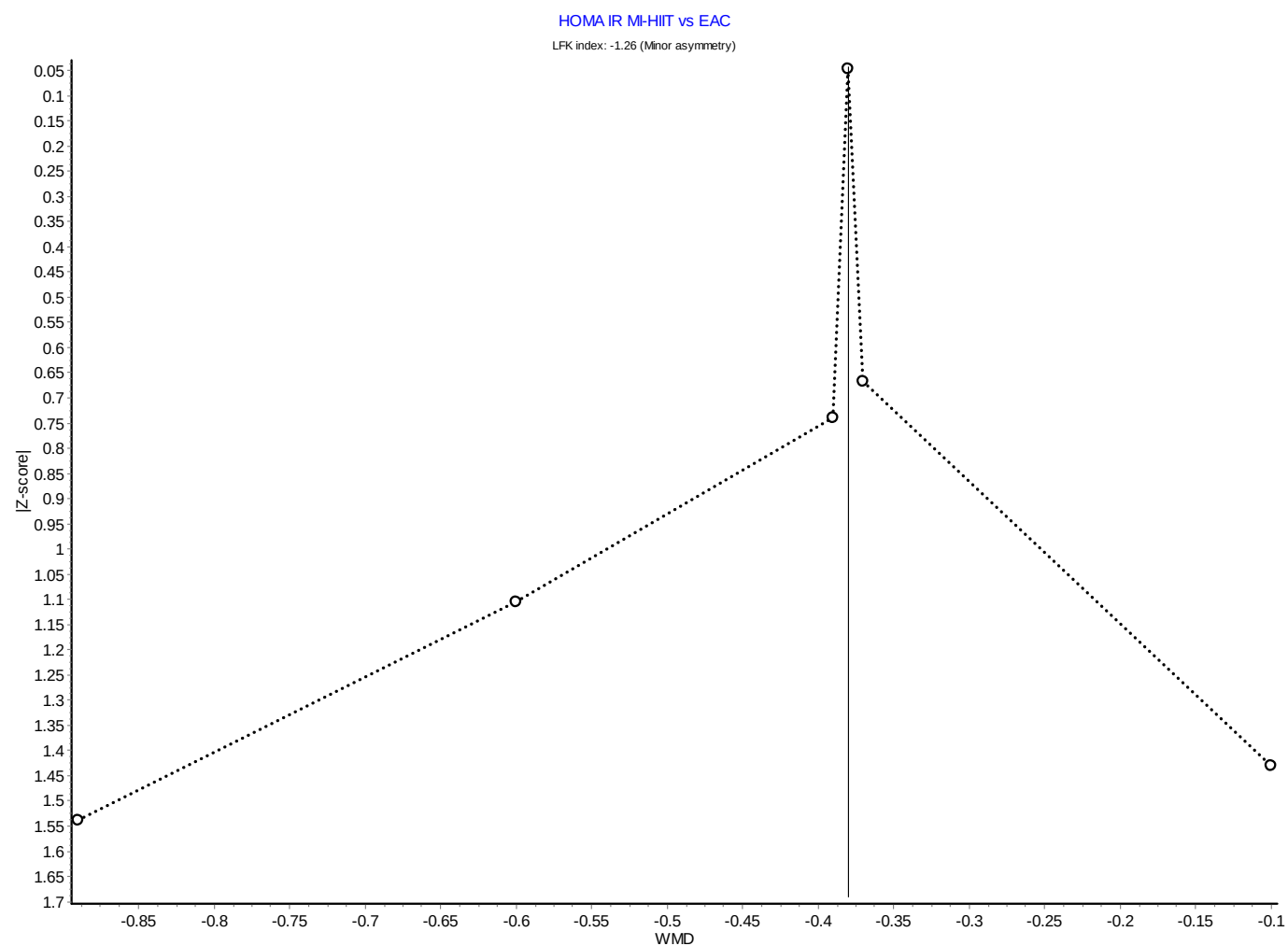
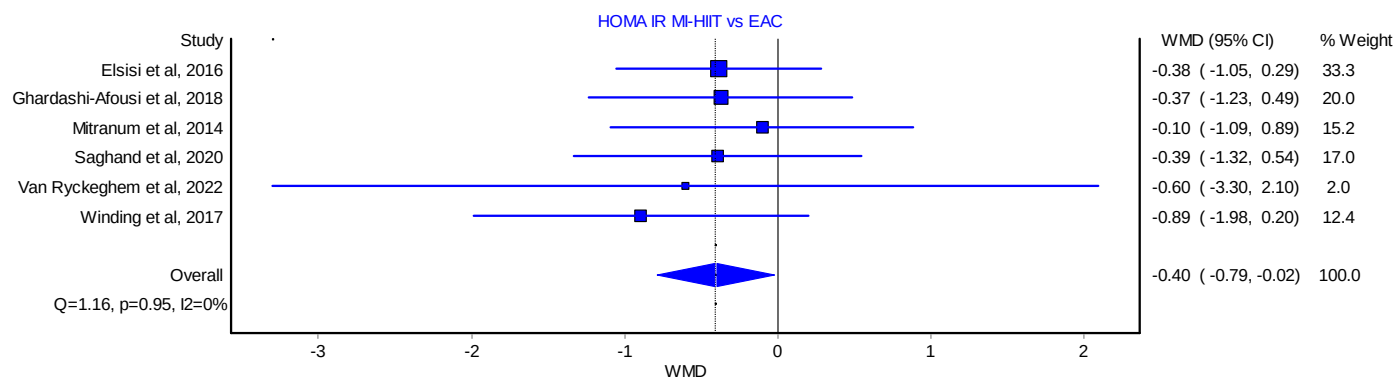
Sensibilidad

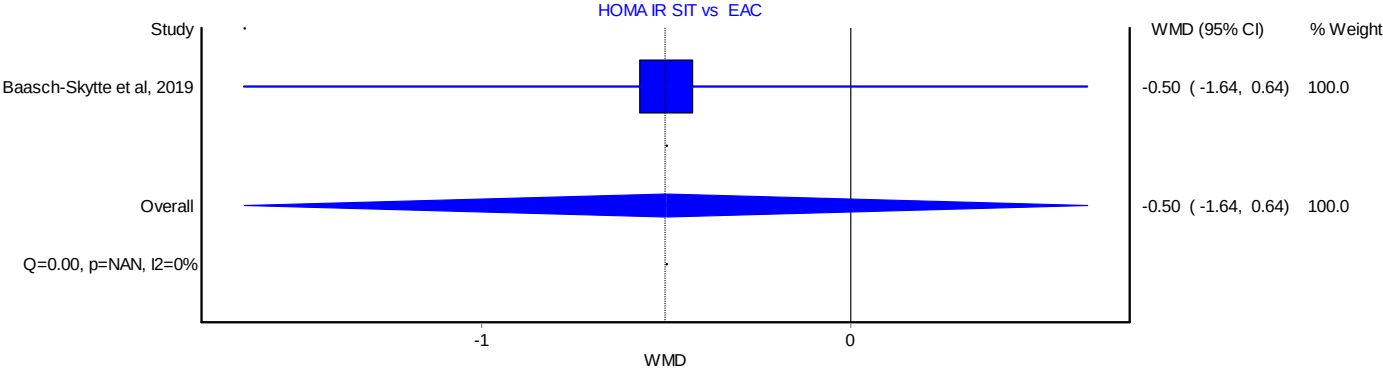


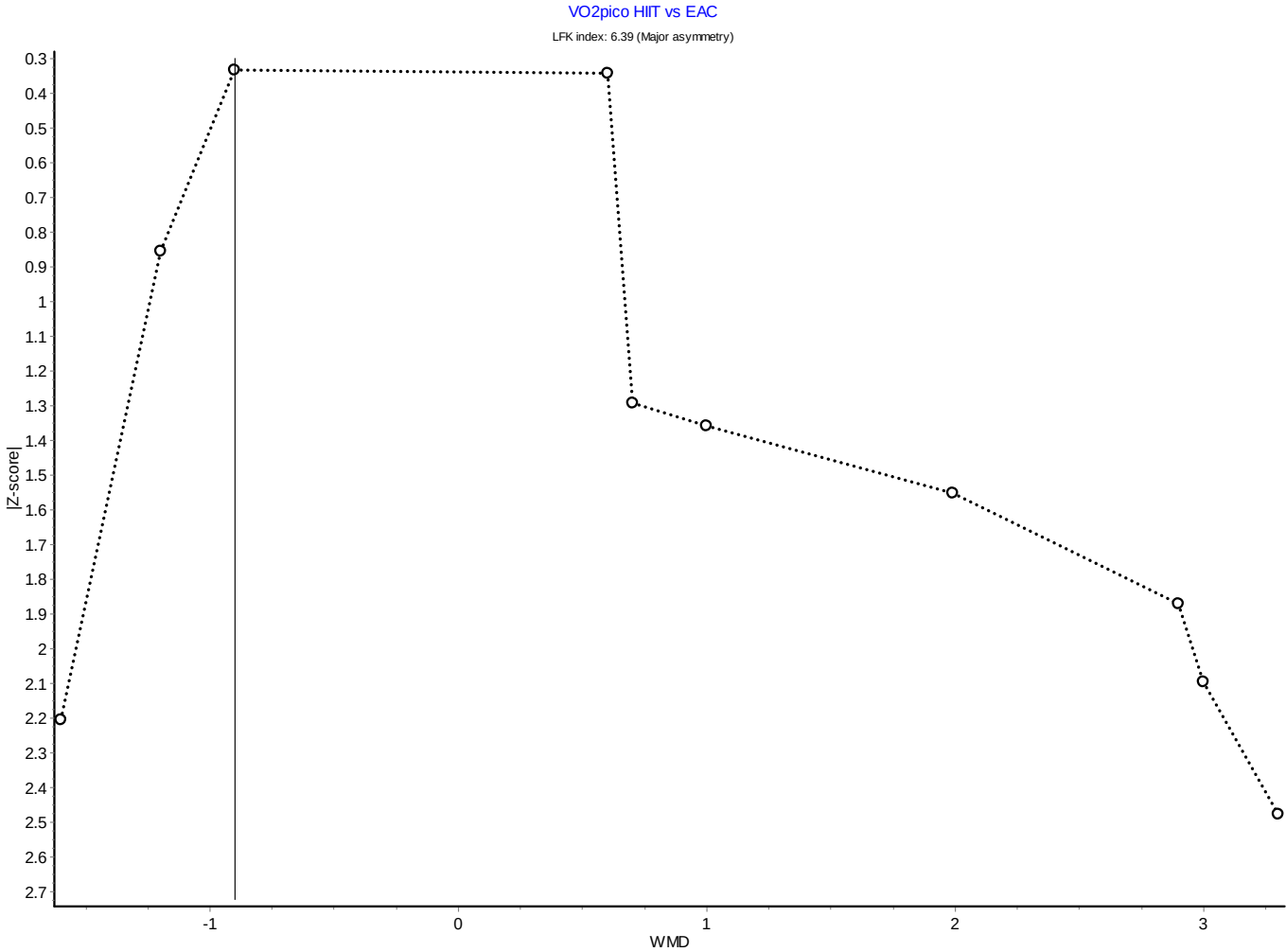
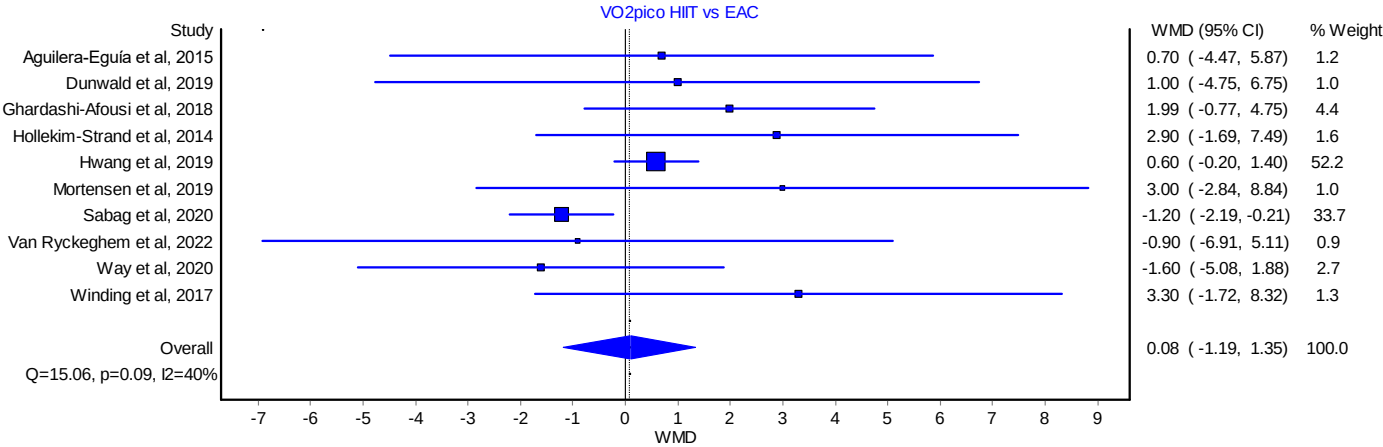


Sensibilidad:

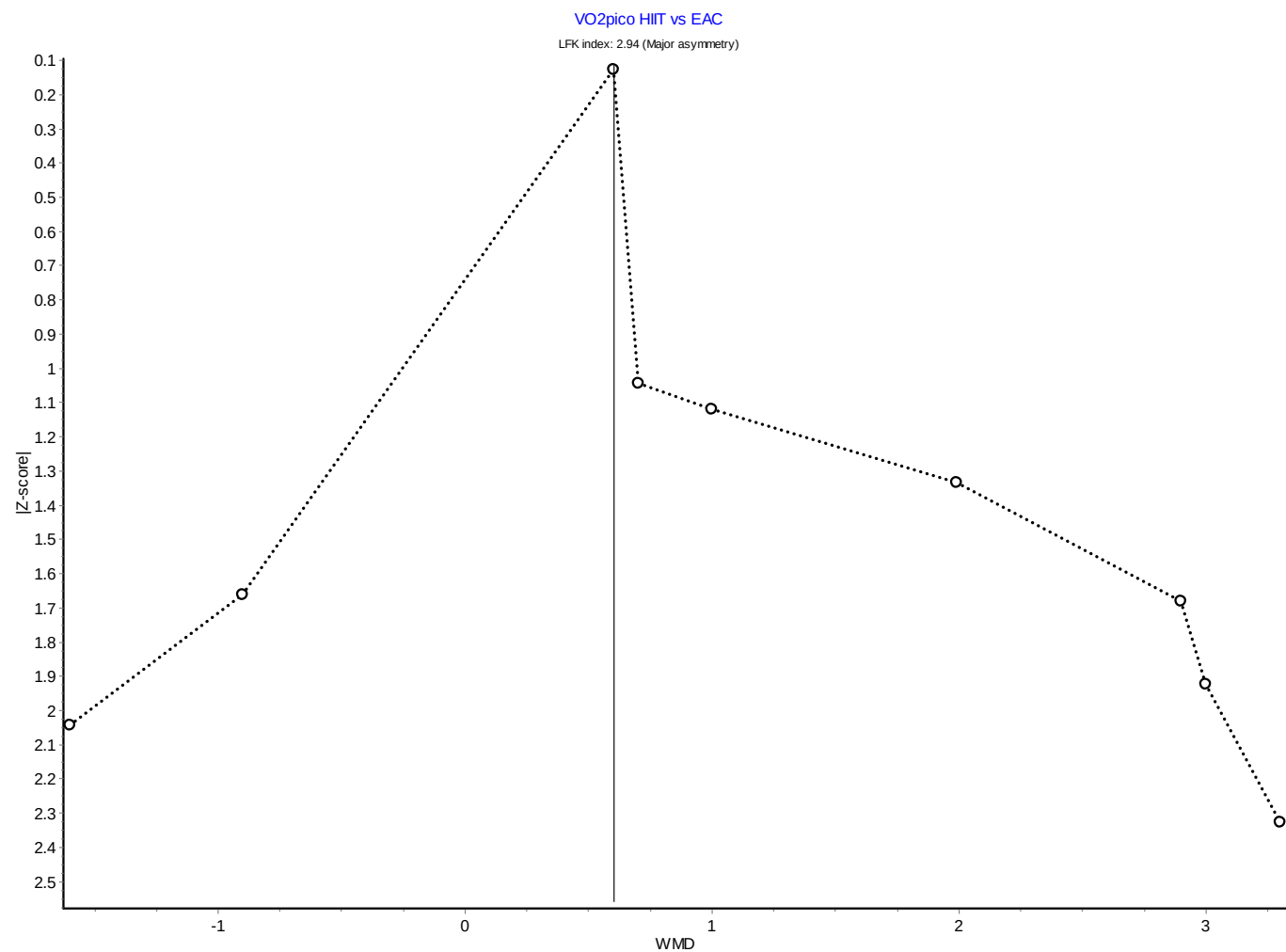
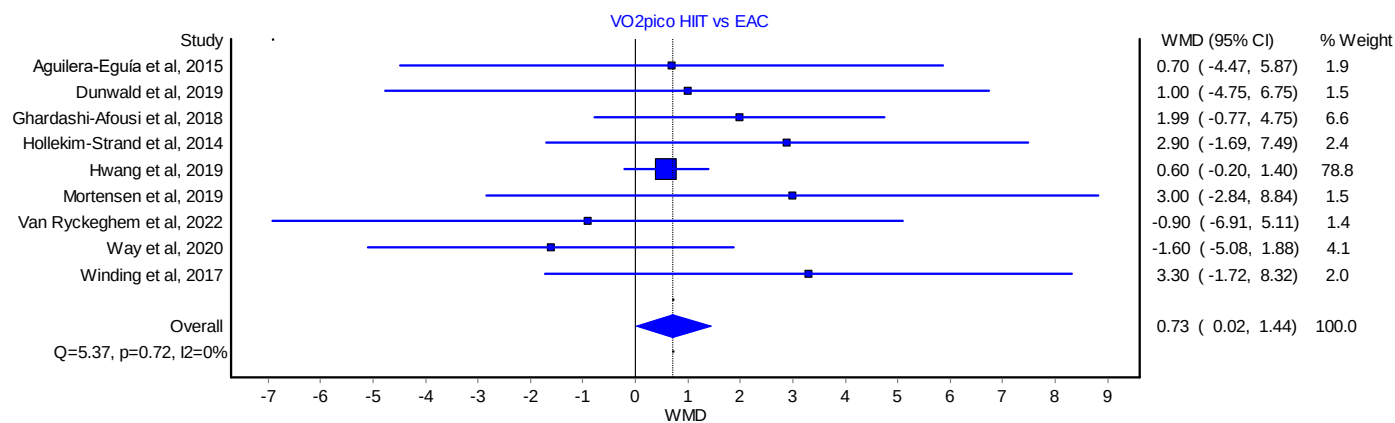


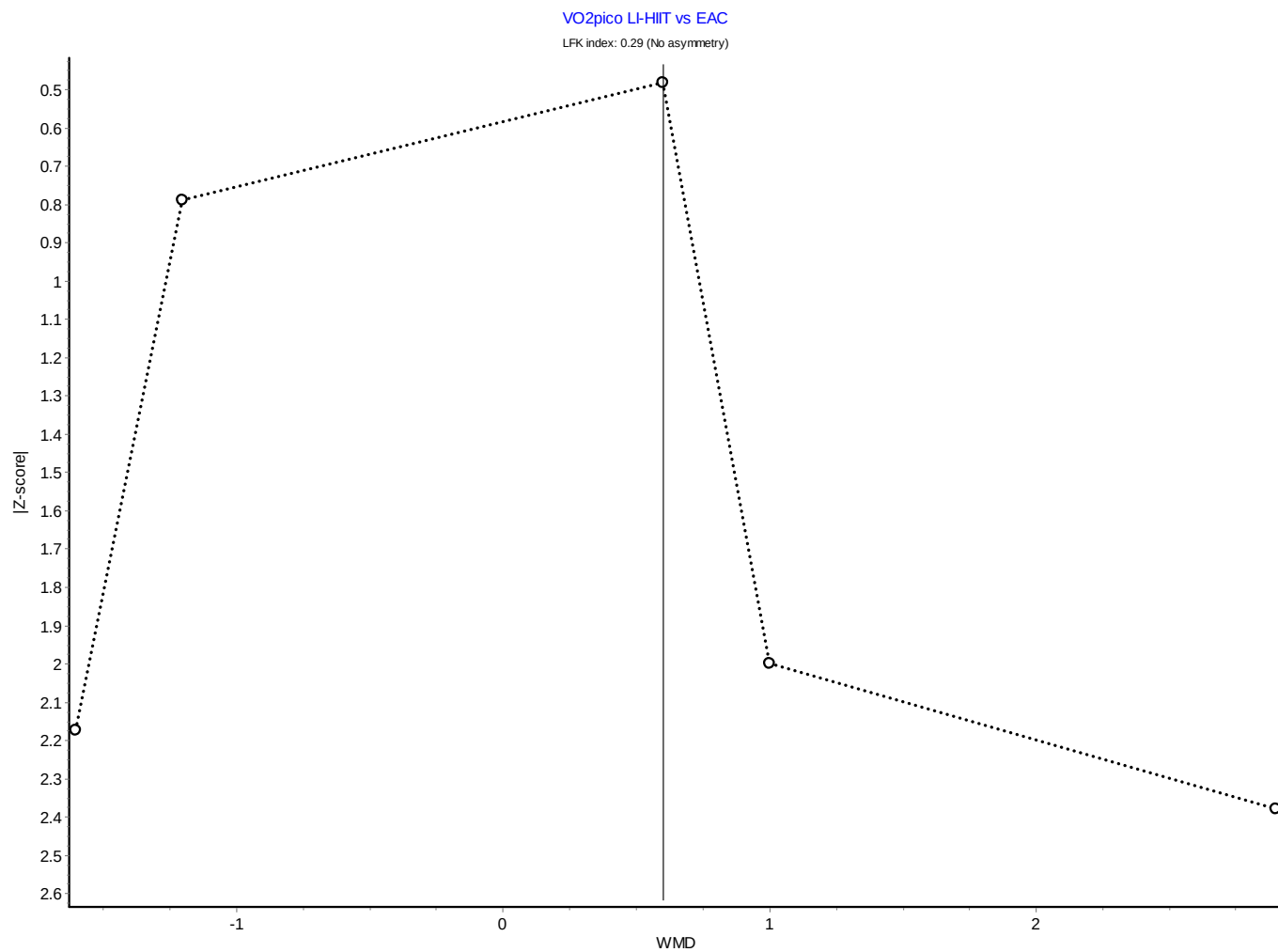
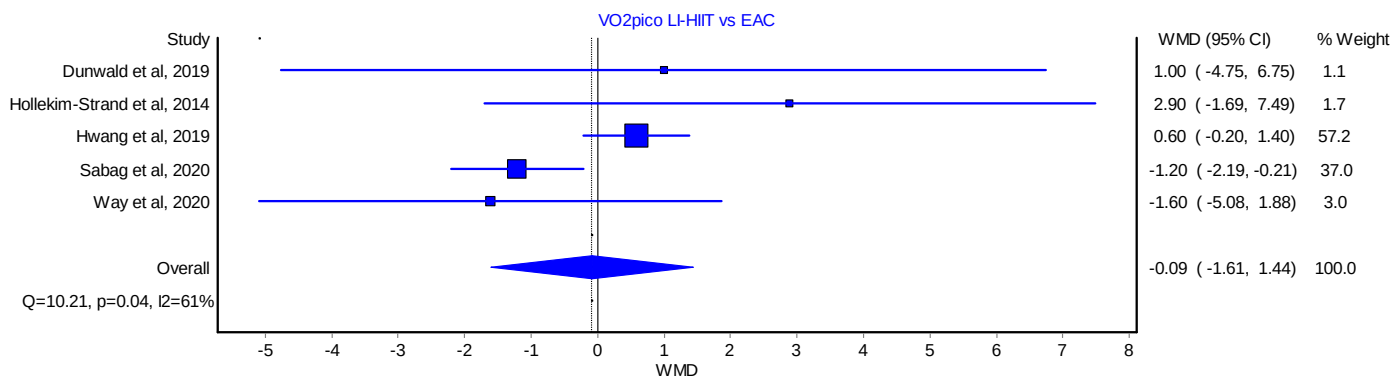




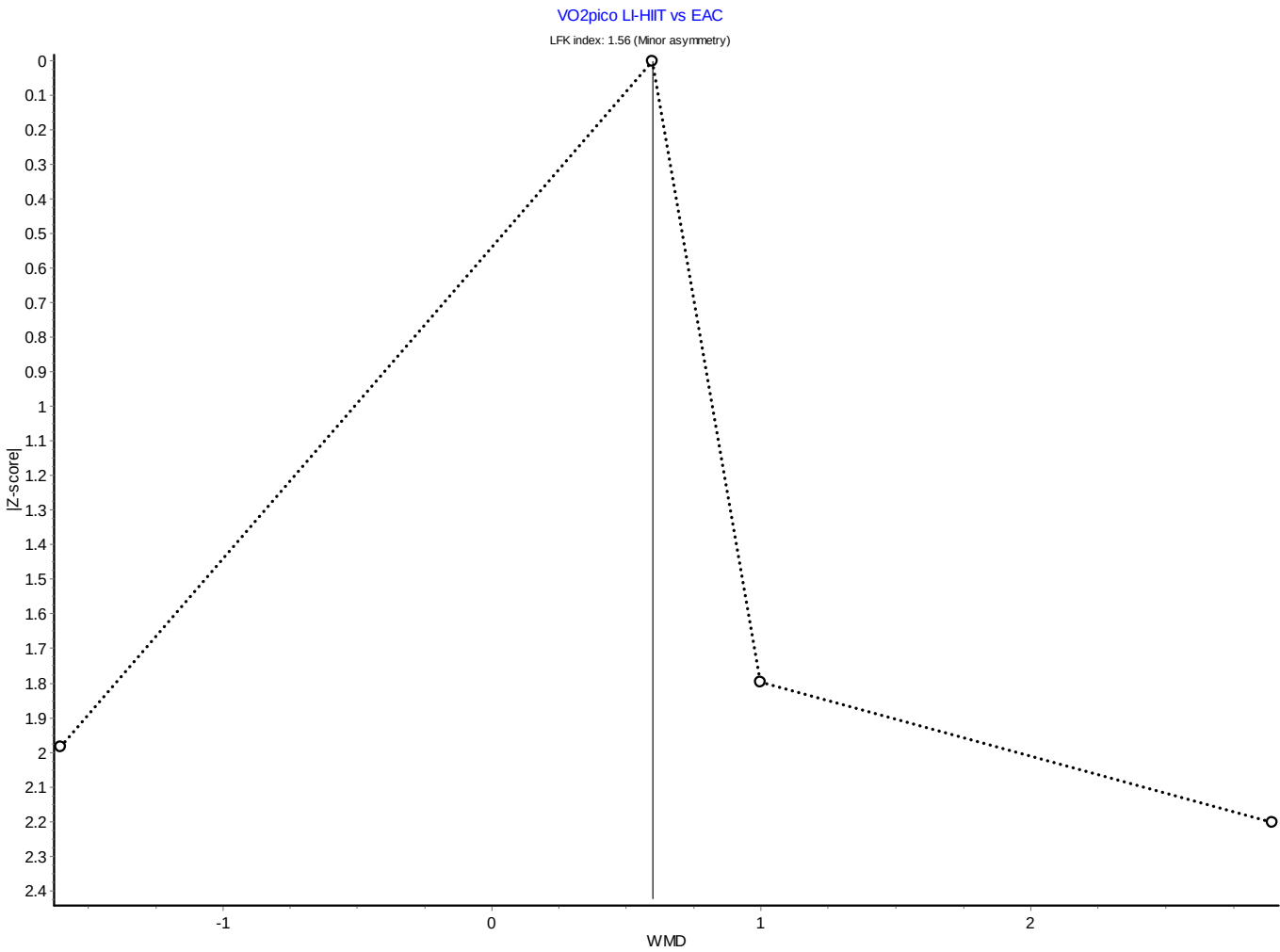
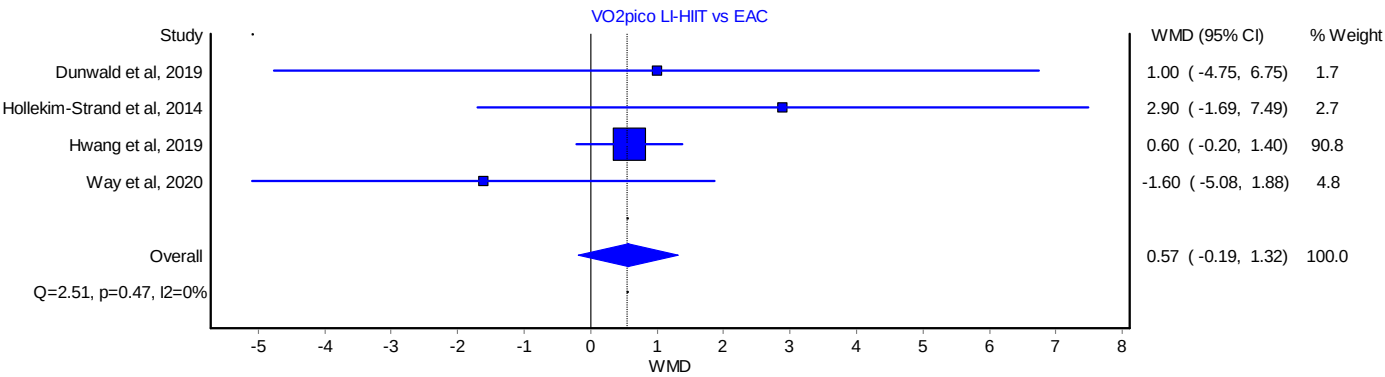


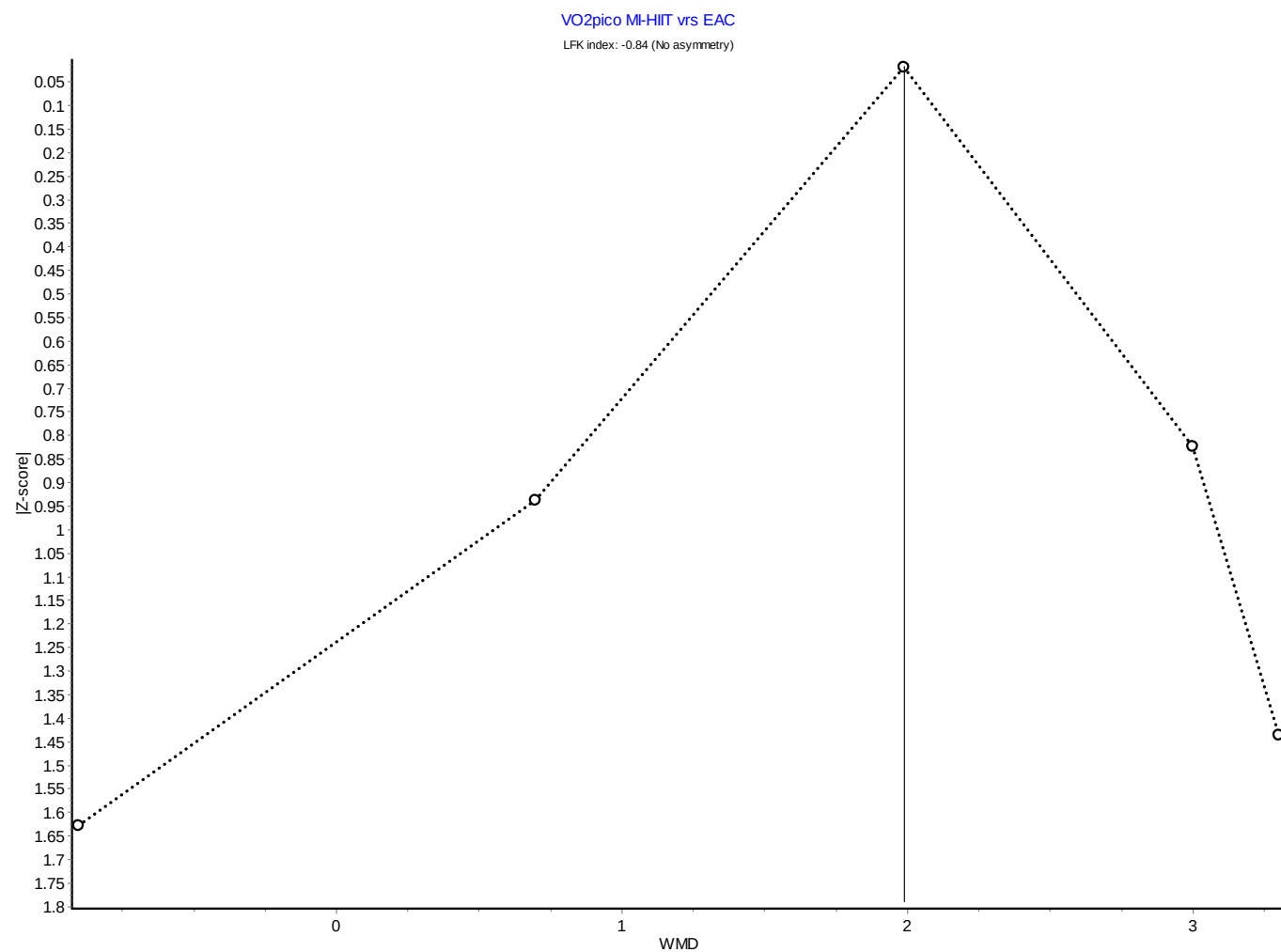
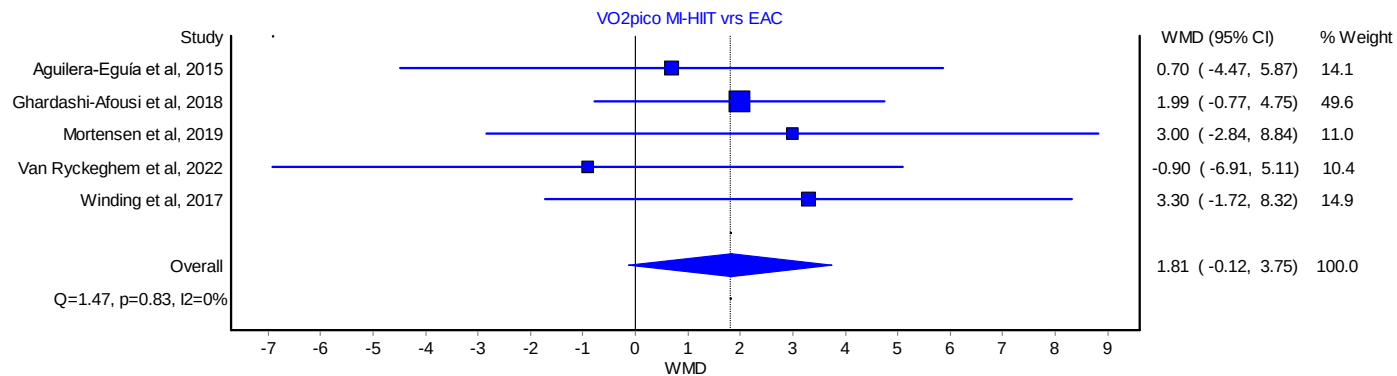
Sensibilidad:



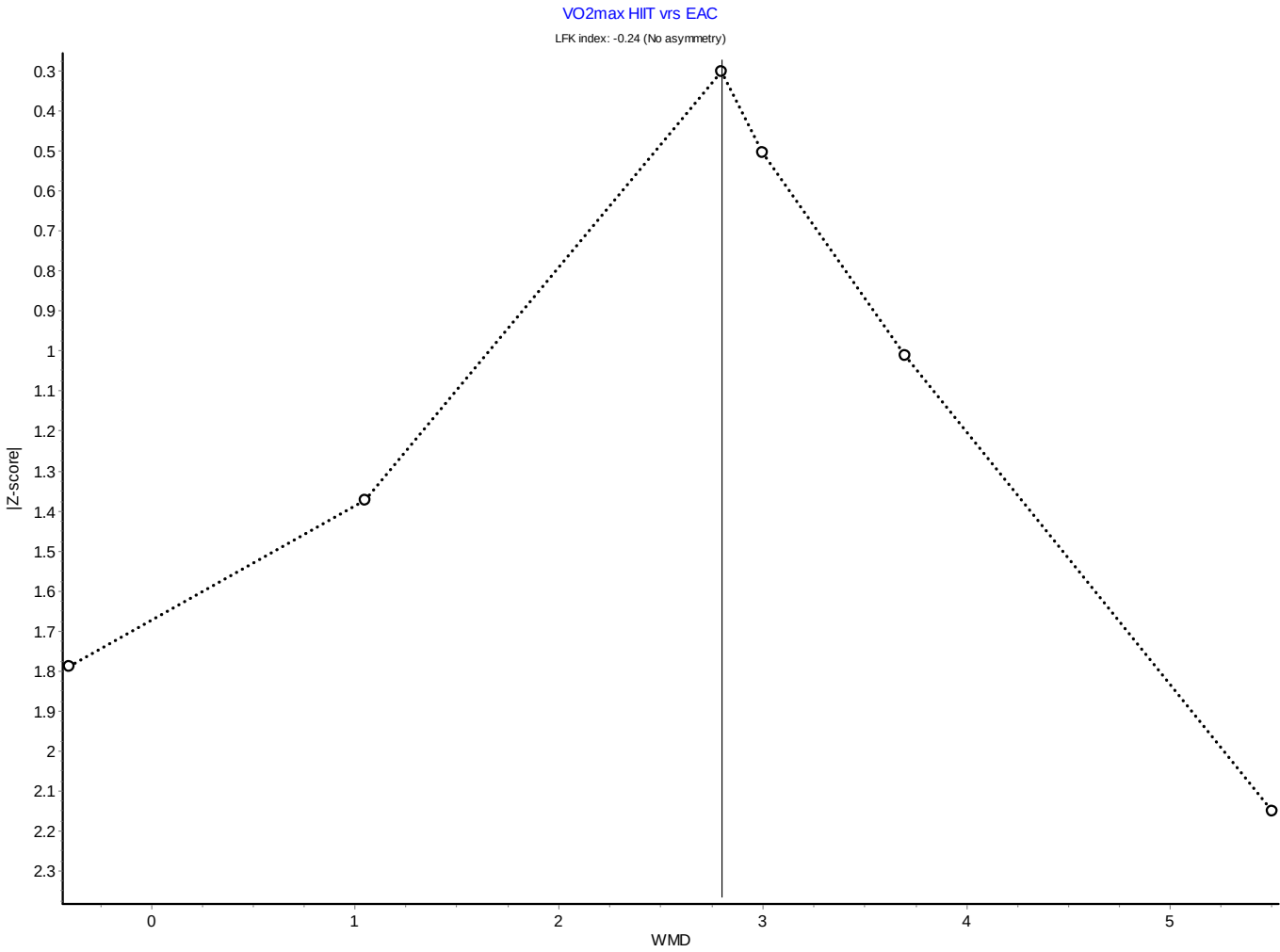
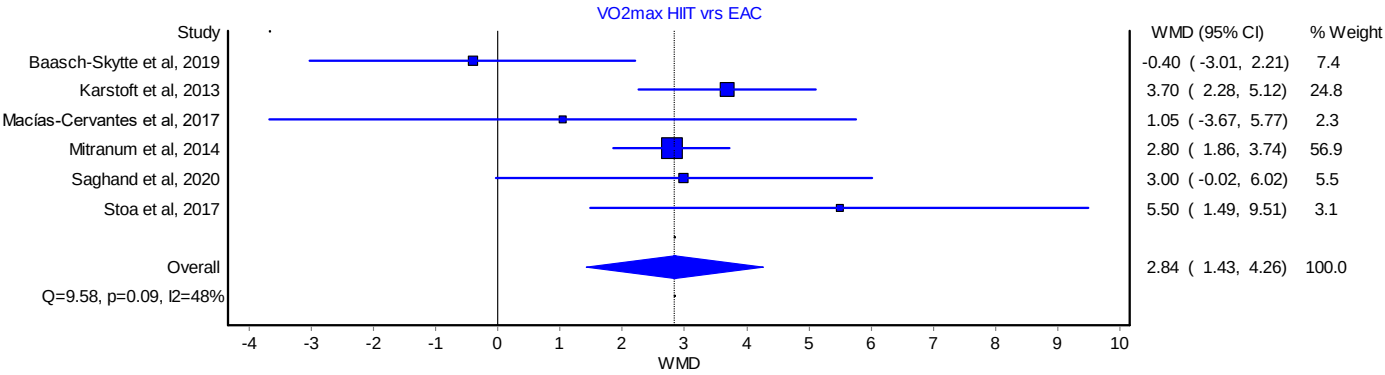


Sensibilidad:

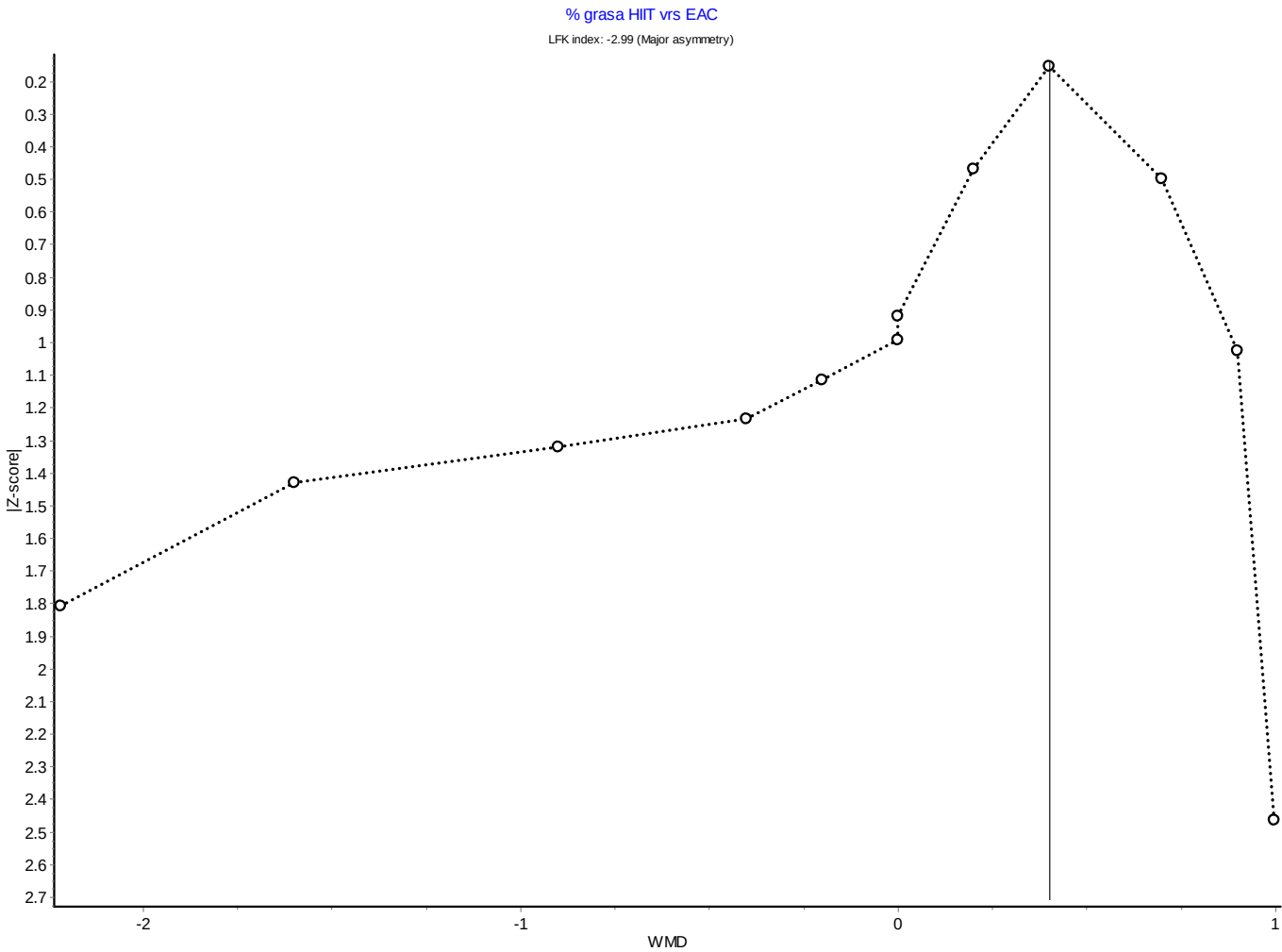
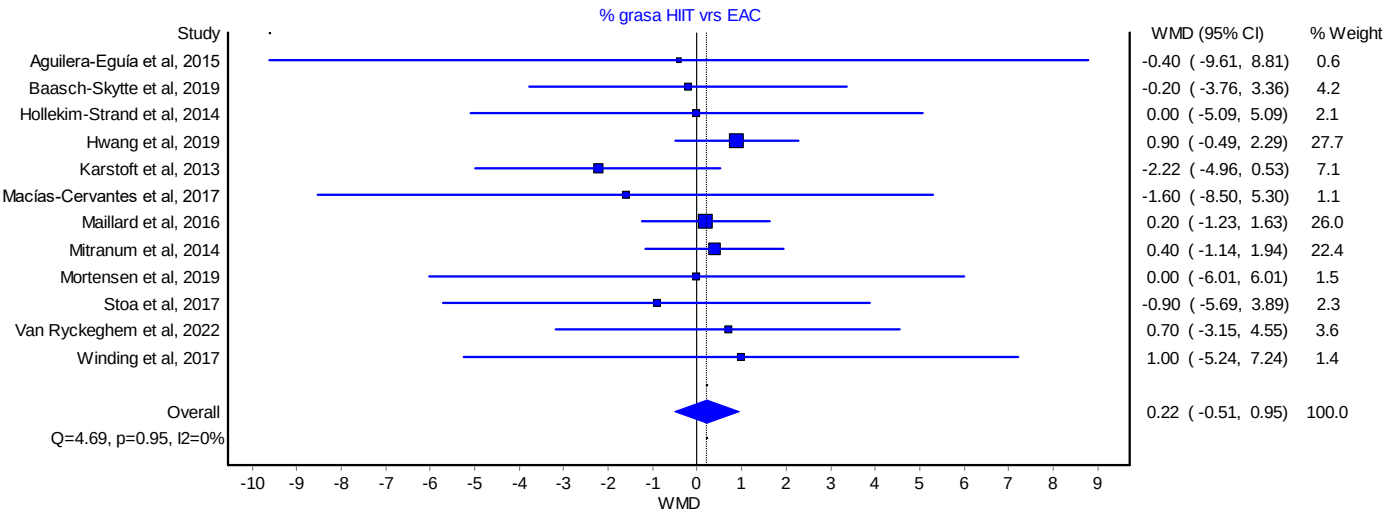


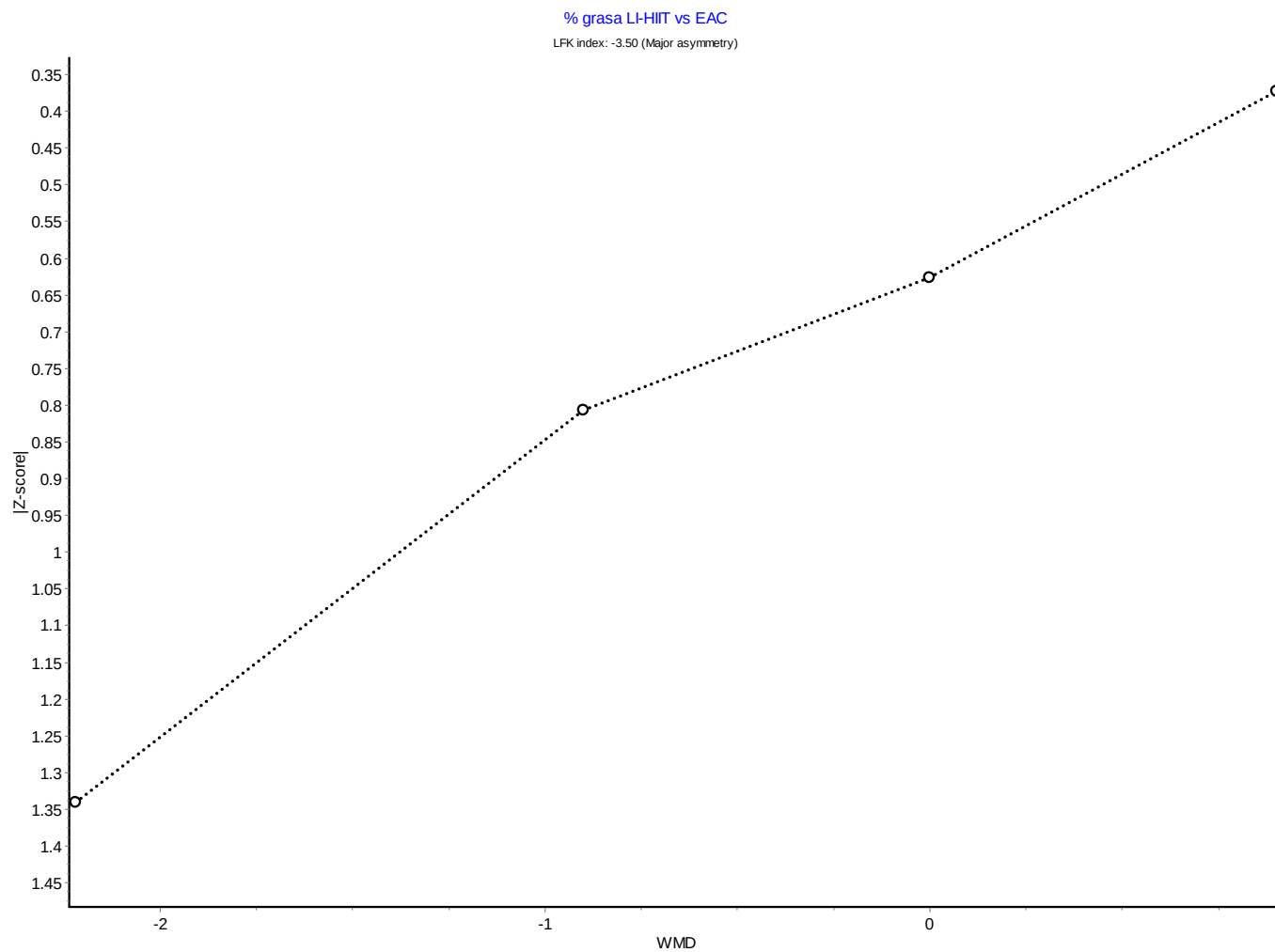
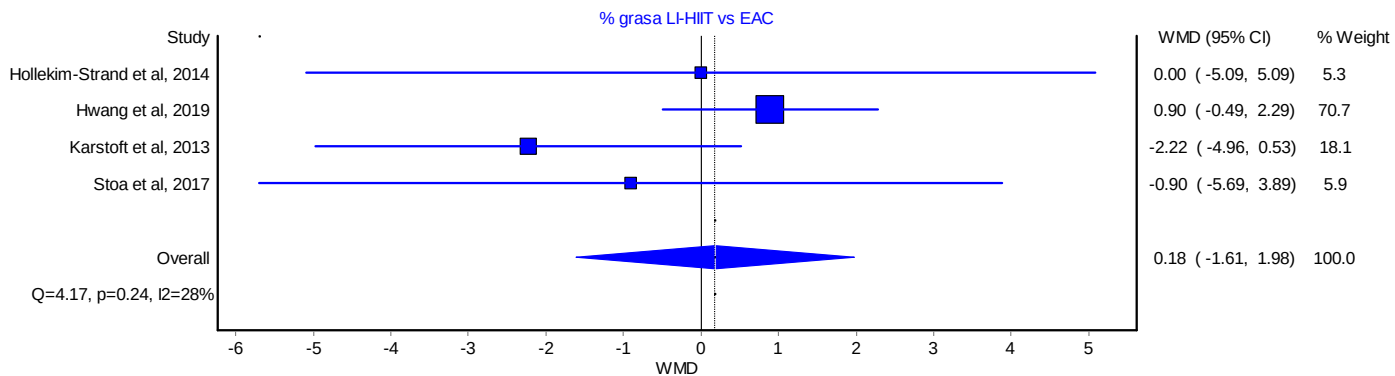


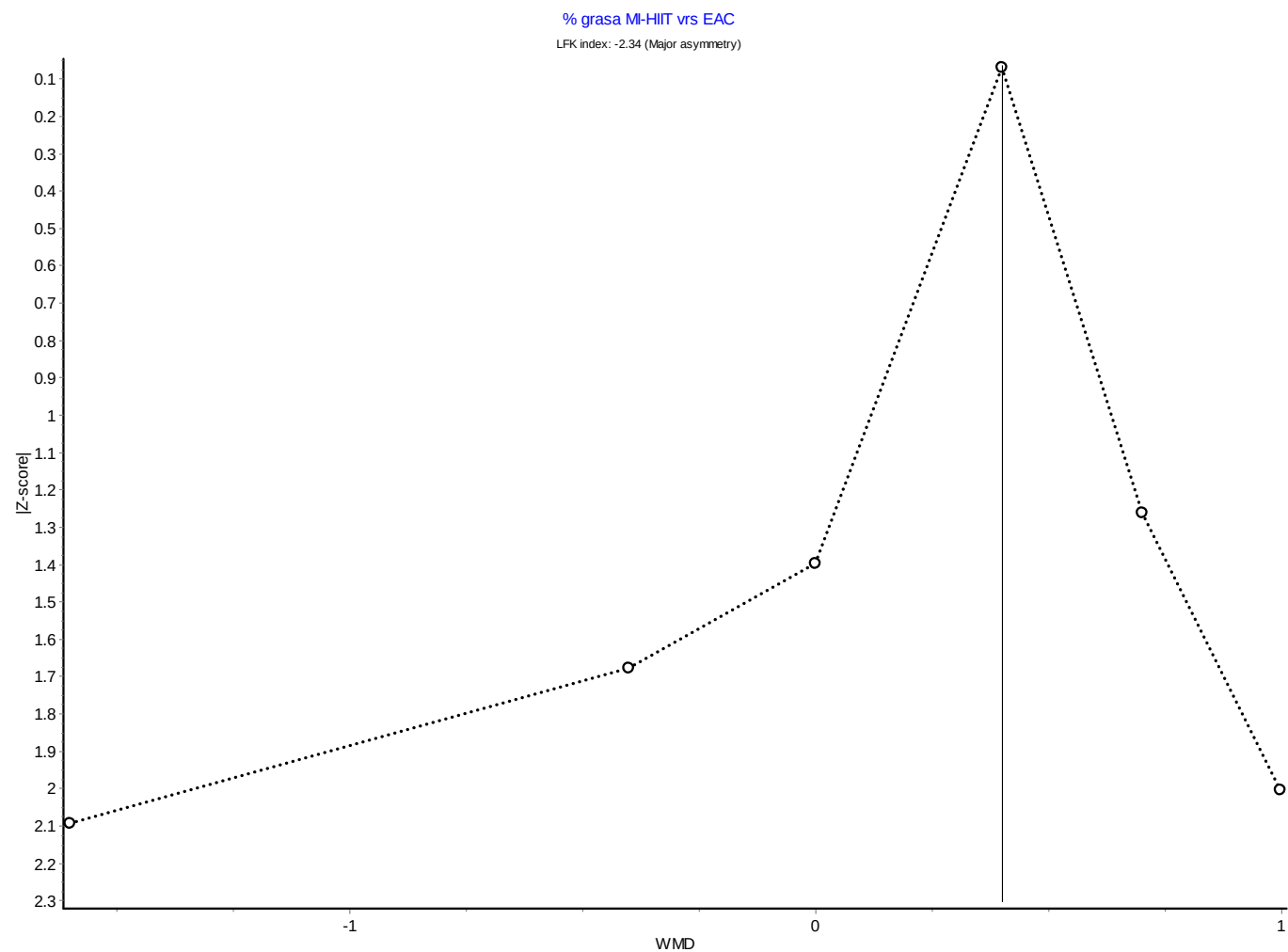
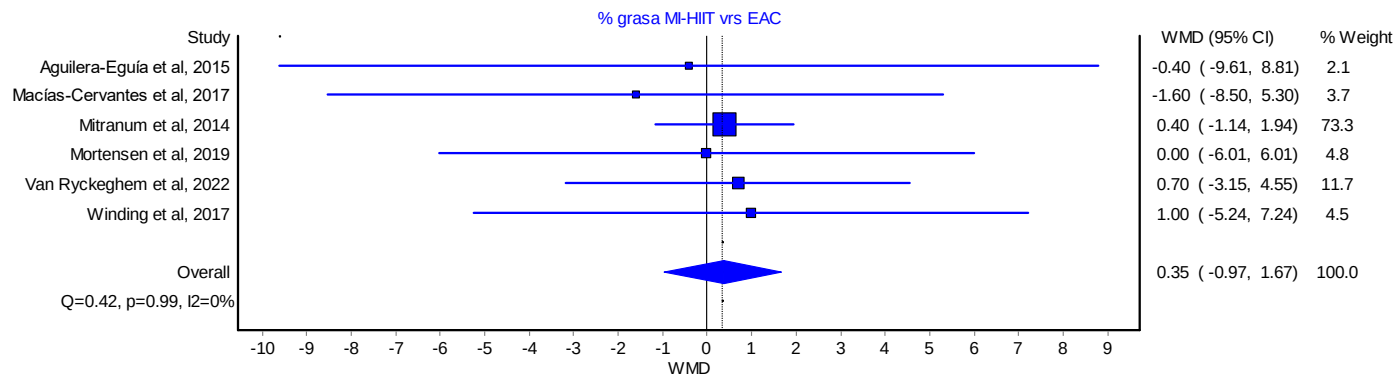
VO₂max

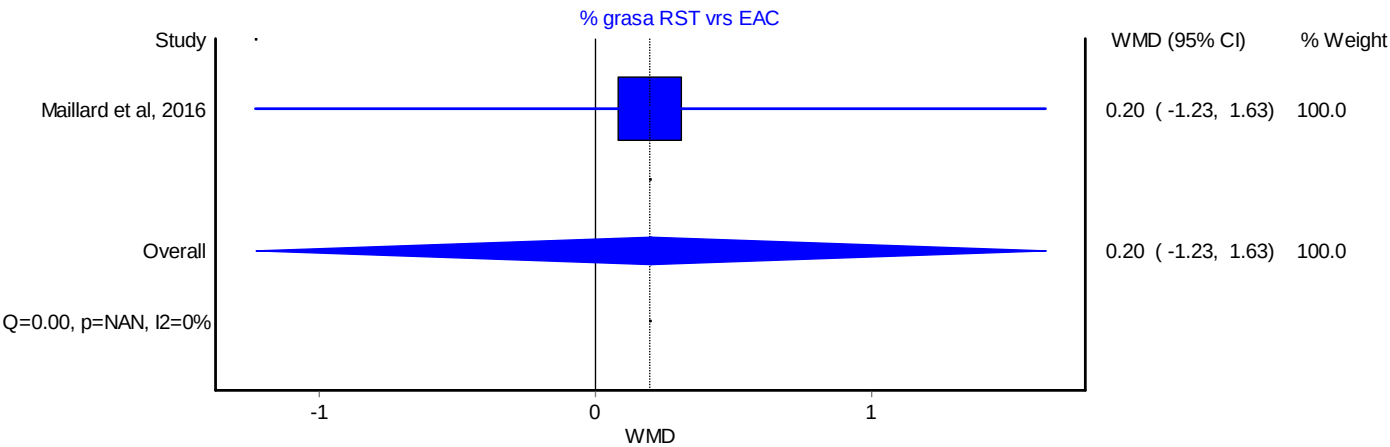
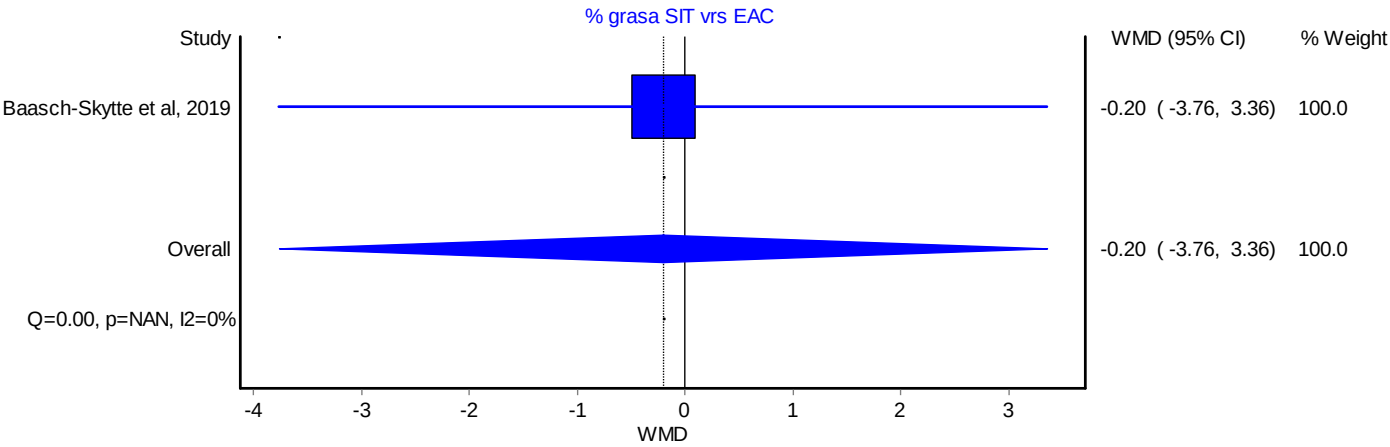


% grasa

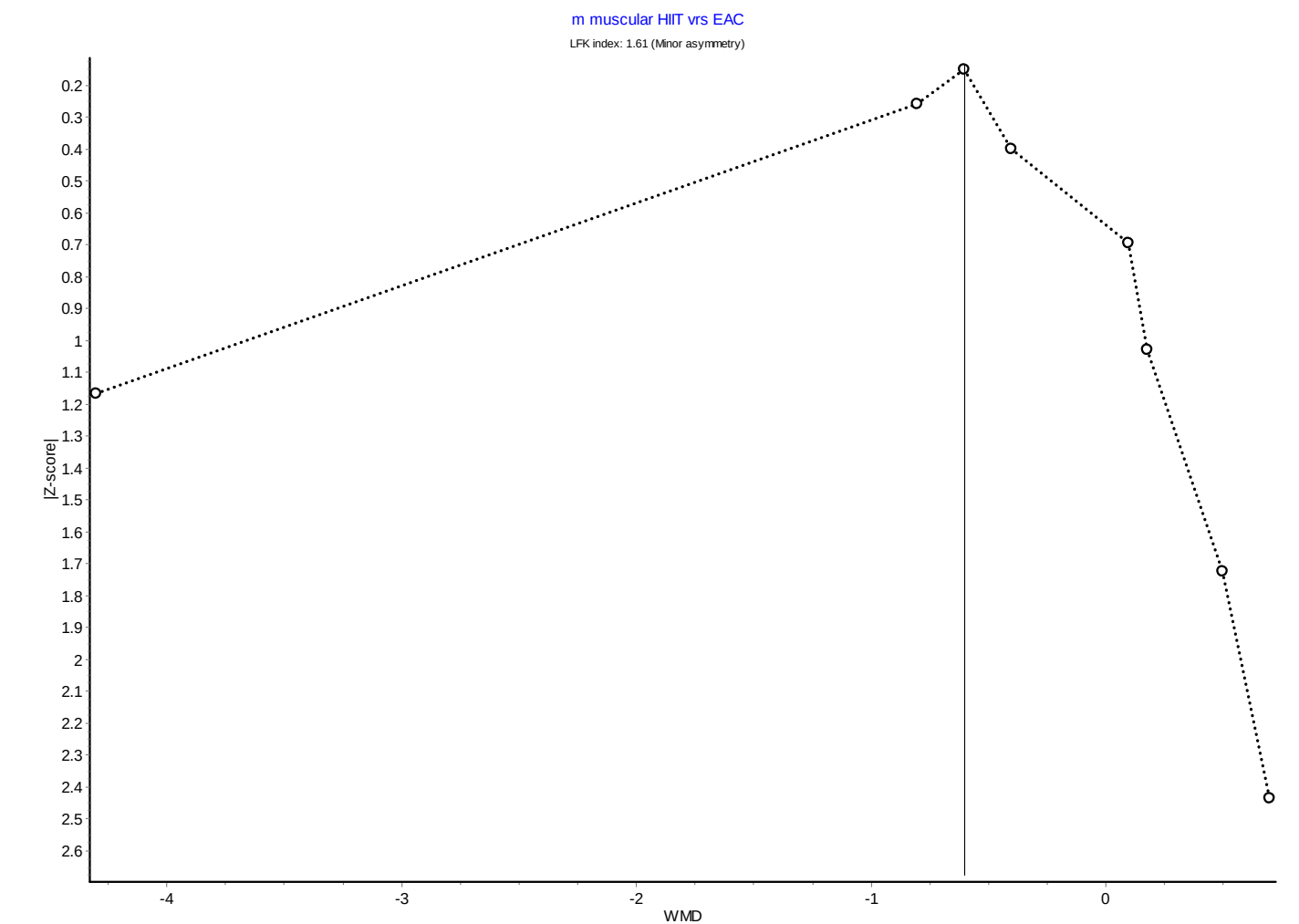
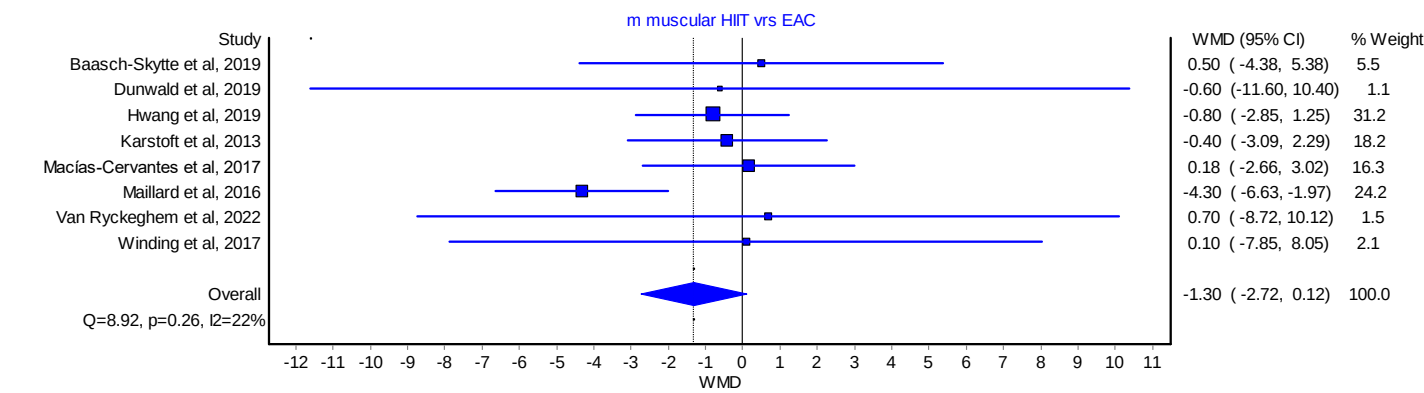




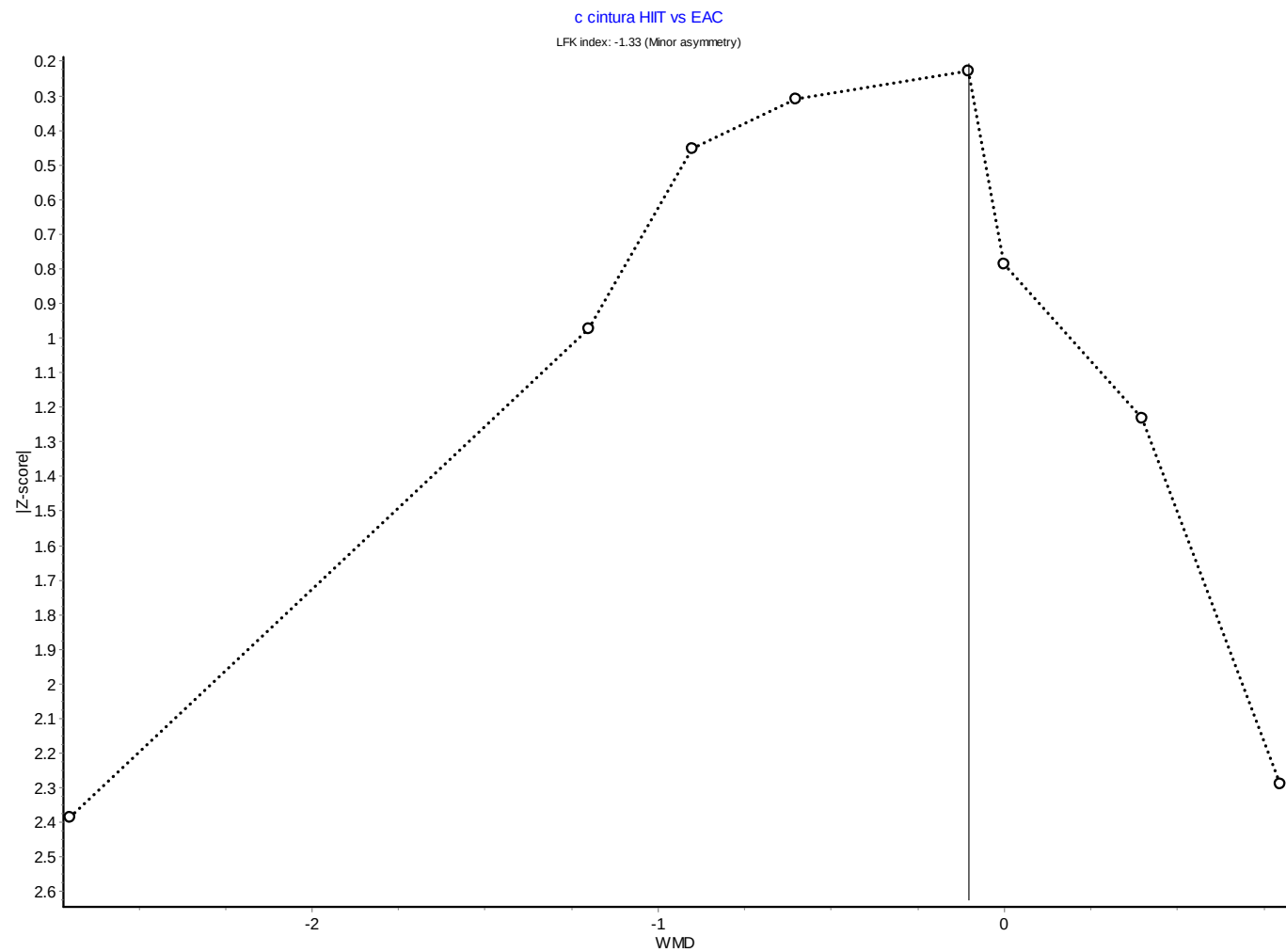
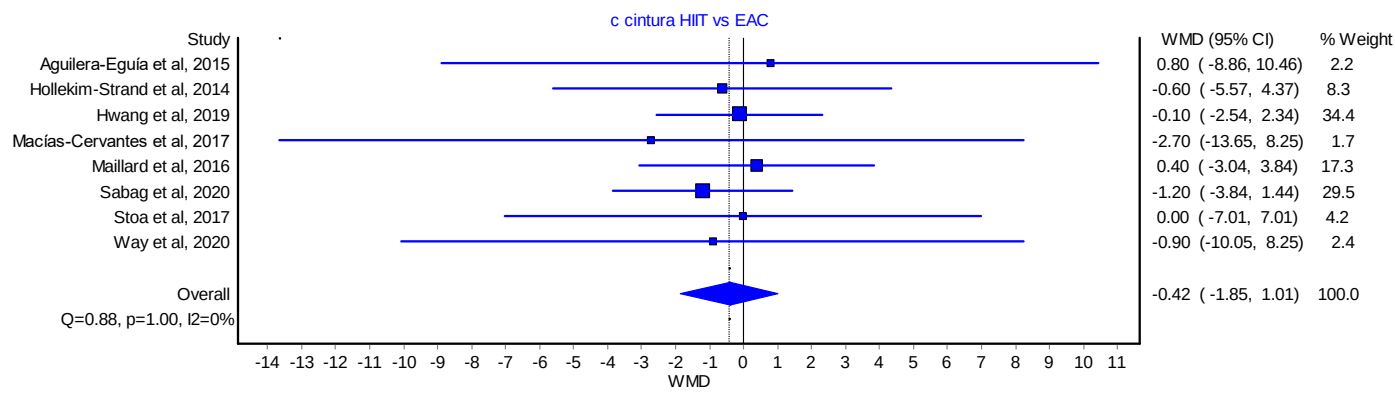




Masa libre de grasa

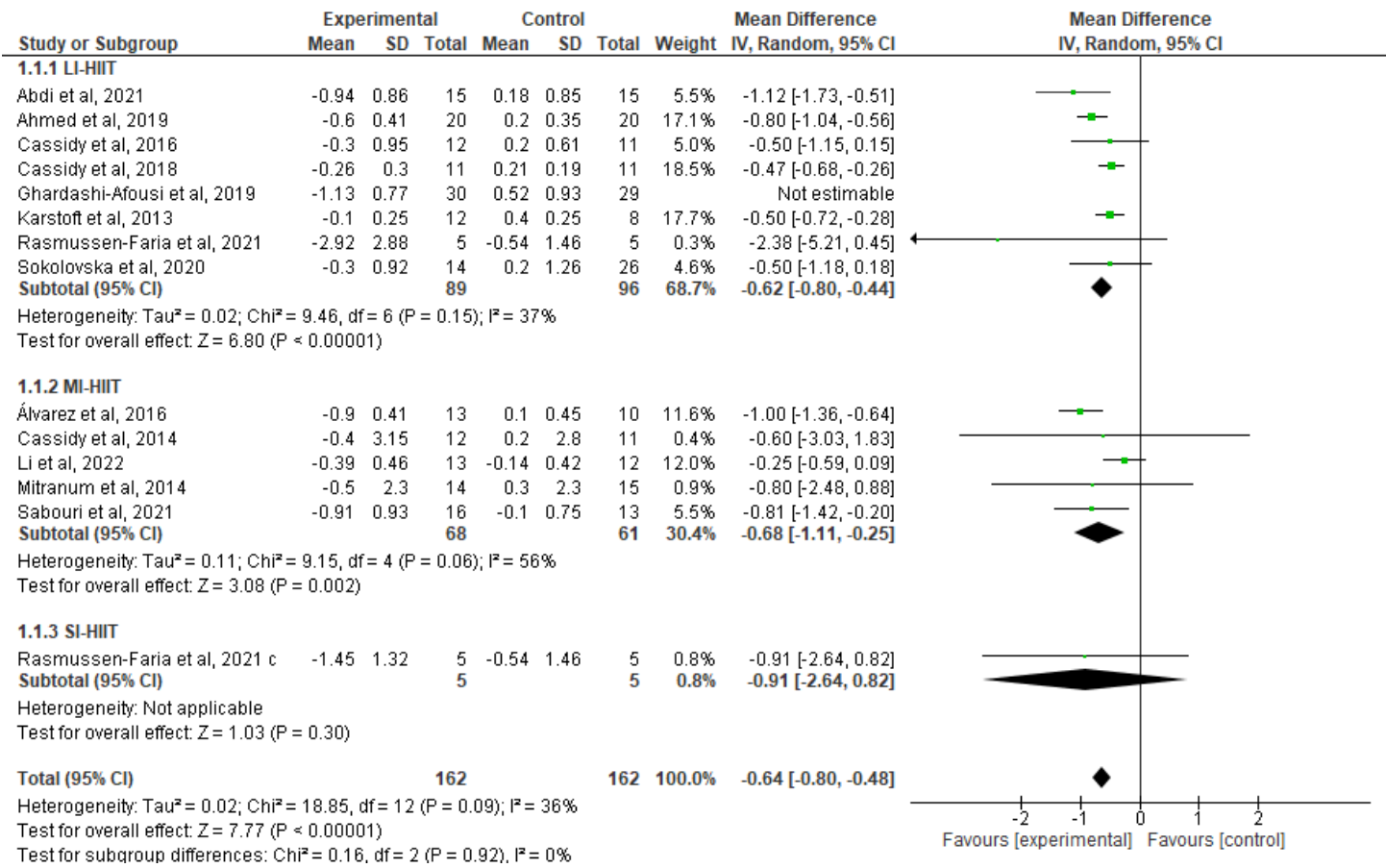


Circunferencia de cintura

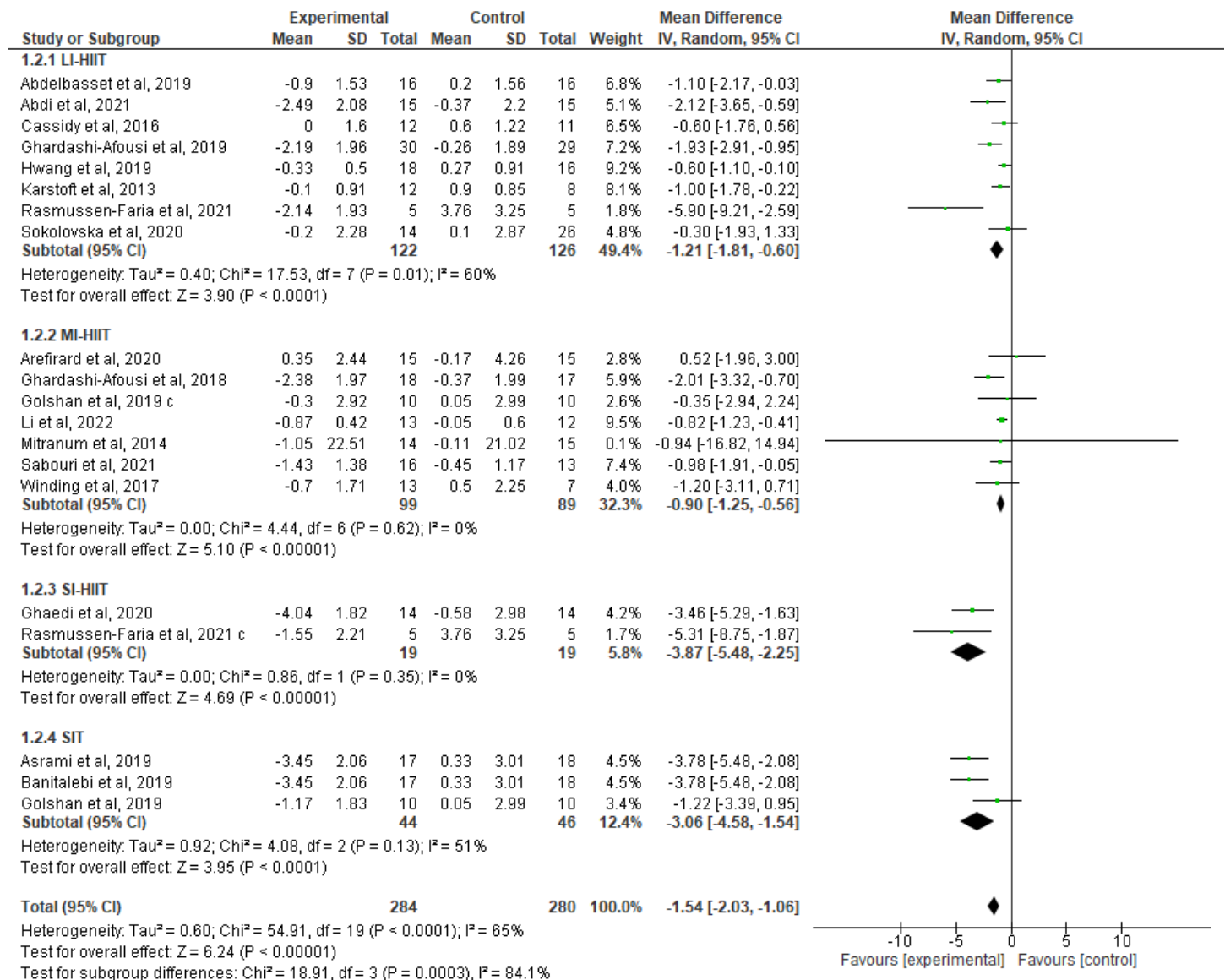


Análisis de subgrupos:

HbA1c HIIT vs control



Glicemia HIIT vs control



LI-HIIT vs MI-HIIT $\chi^2 = 0.72$, $p = 0.40$

LI-HIIT vs SI-HIIT $\chi^2 = 9.14$, $p = 0.003^*$

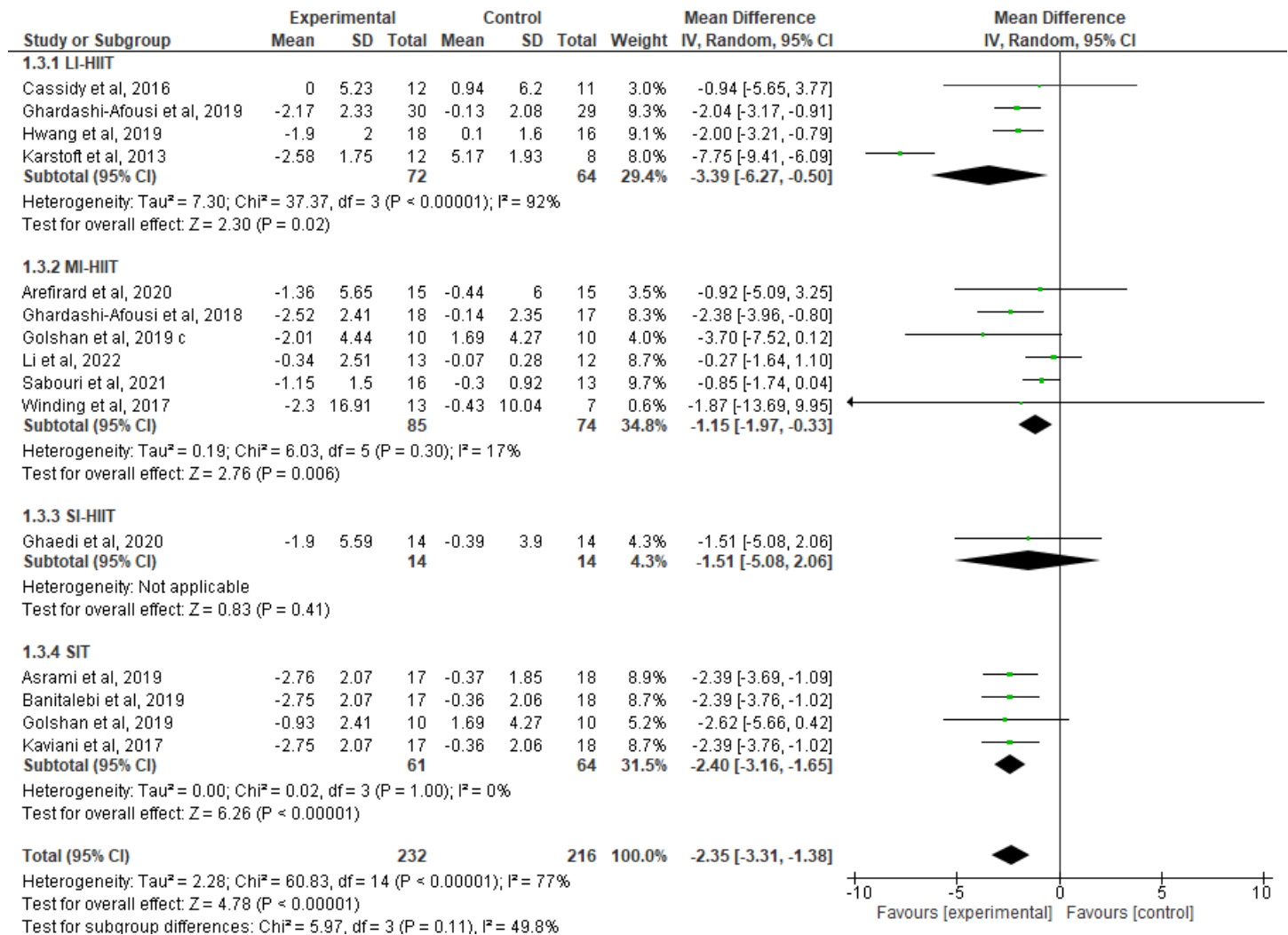
LI-HIIT vs SIT $\chi^2 = 4.94$, $p = 0.03^*$

MI-HIIT vs SI-HIIT $\chi^2 = 12.35$, $p = 0.0004^*$

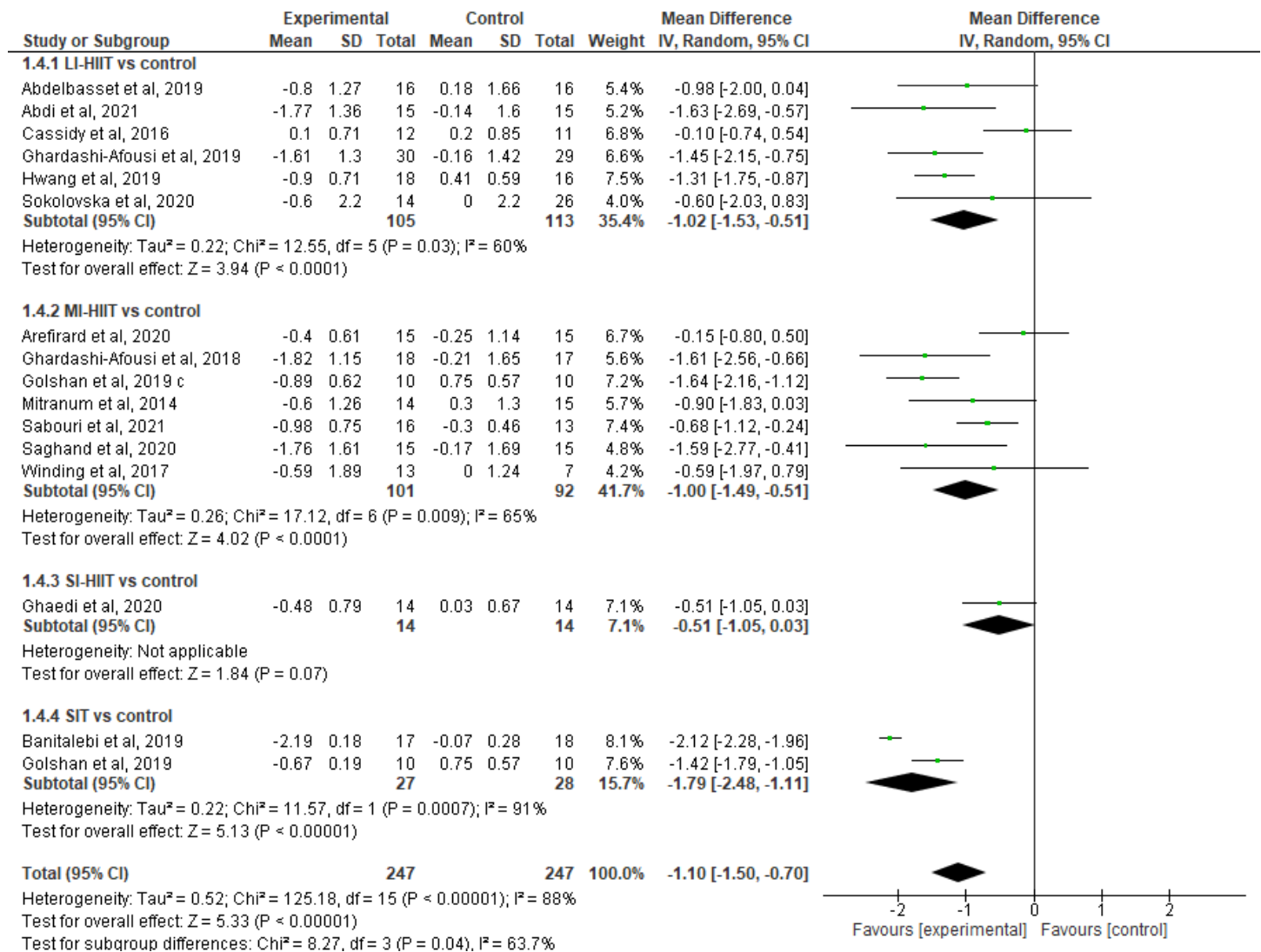
MI-HIIT vs SIT $\chi^2 = 7.36$, $p = 0.007^*$

SI-HIIT vs SIT $\chi^2 = 0.5$, $p = 0.48$

Insulinemia HIIT vs control



HOMA IR HIIT vs control



LI-HIIT vs MI-HIIT $\chi^2=0.00$, $p=0.95$

LI-HIIT vs SI-HIIT $\chi^2=1.83$, $p=0.18$

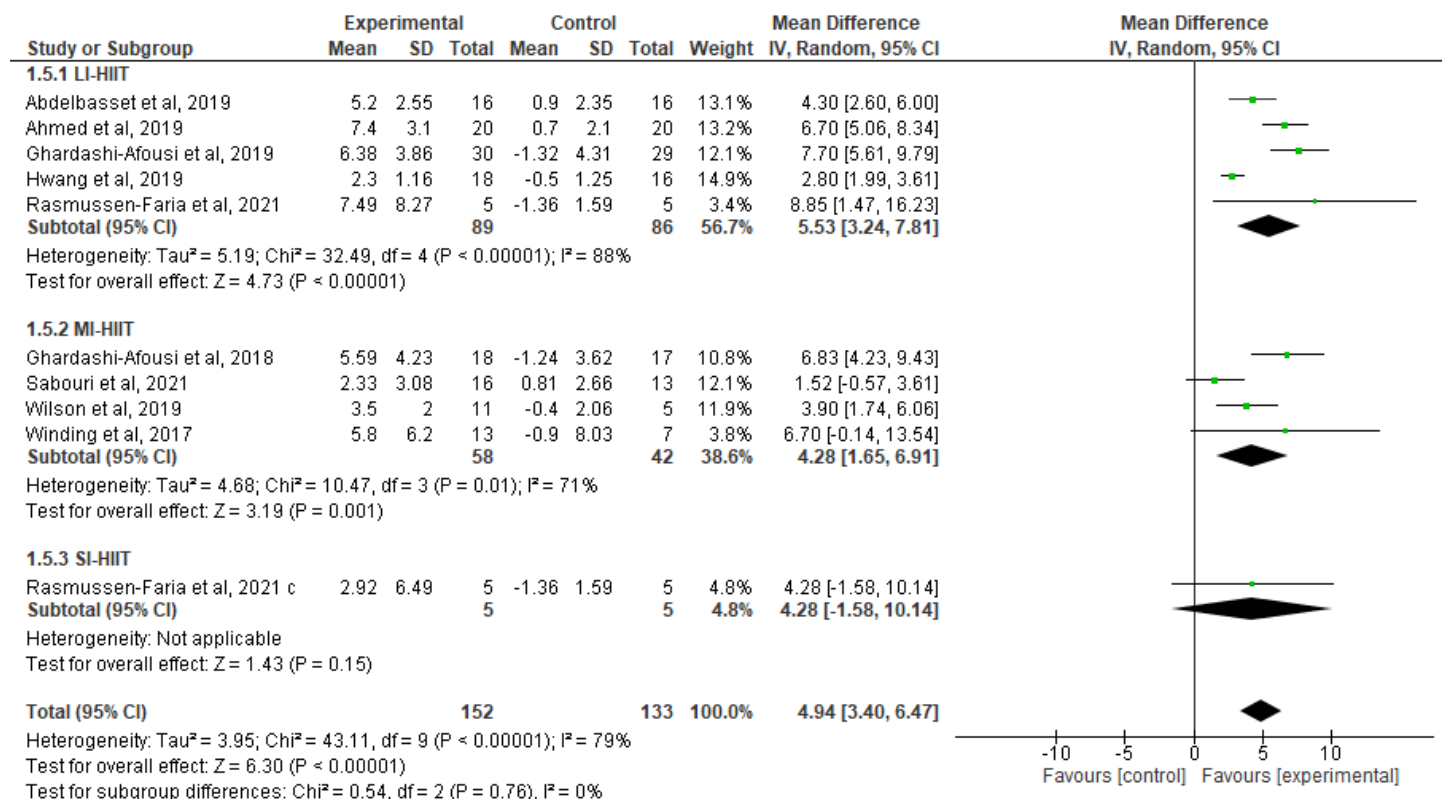
LI-HIIT vs SIT $\chi^2=3.11$, $p=0.08$

MI-HIIT vs SI-HIIT $\chi^2=1.75$, $p=0.19$

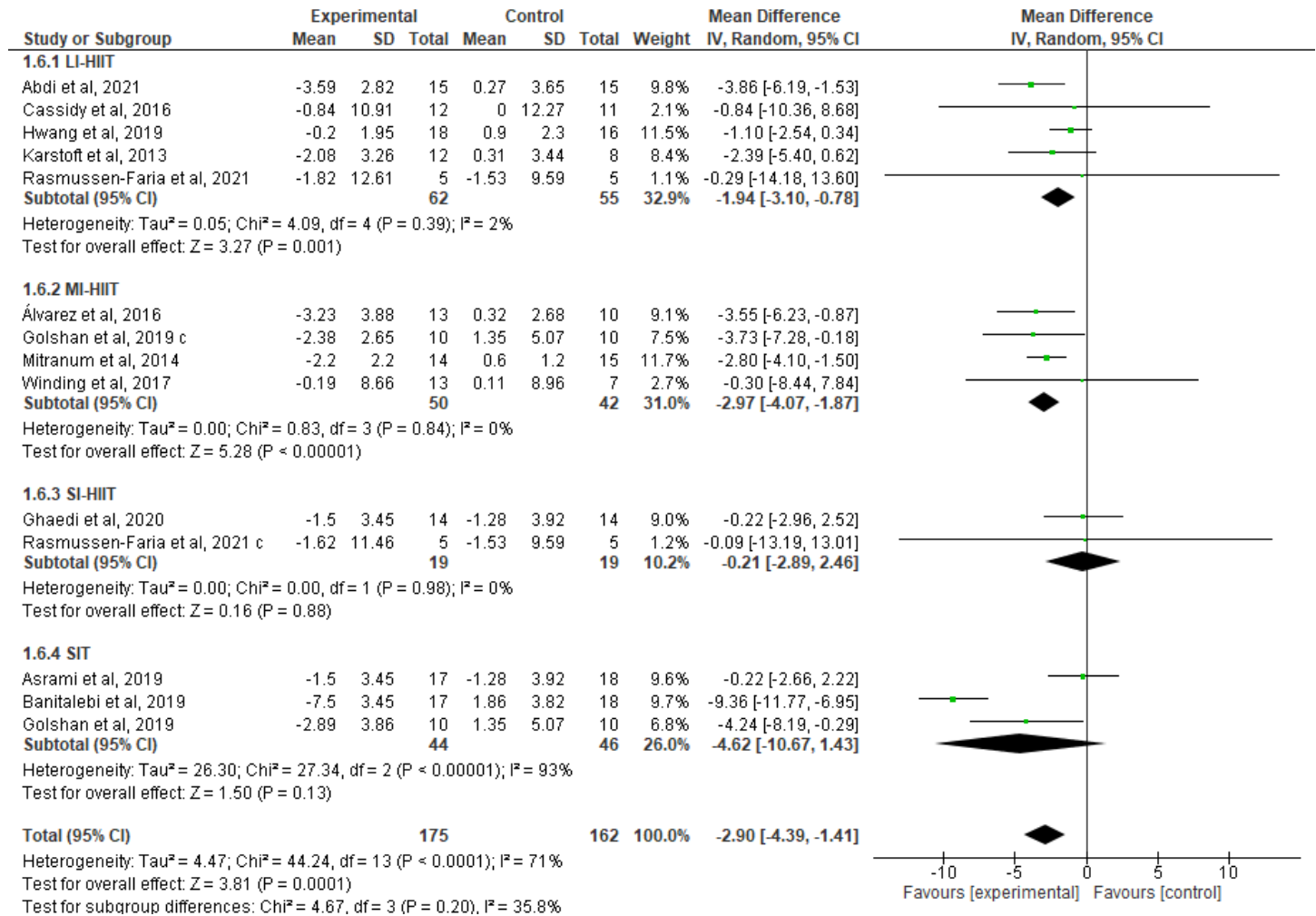
MI-HIIT vs SIT $\chi^2 = 3.37$, $p=0.07$

SI-HIIT vs SIT $\chi^2=8.54$, **$p=0.01^*$**

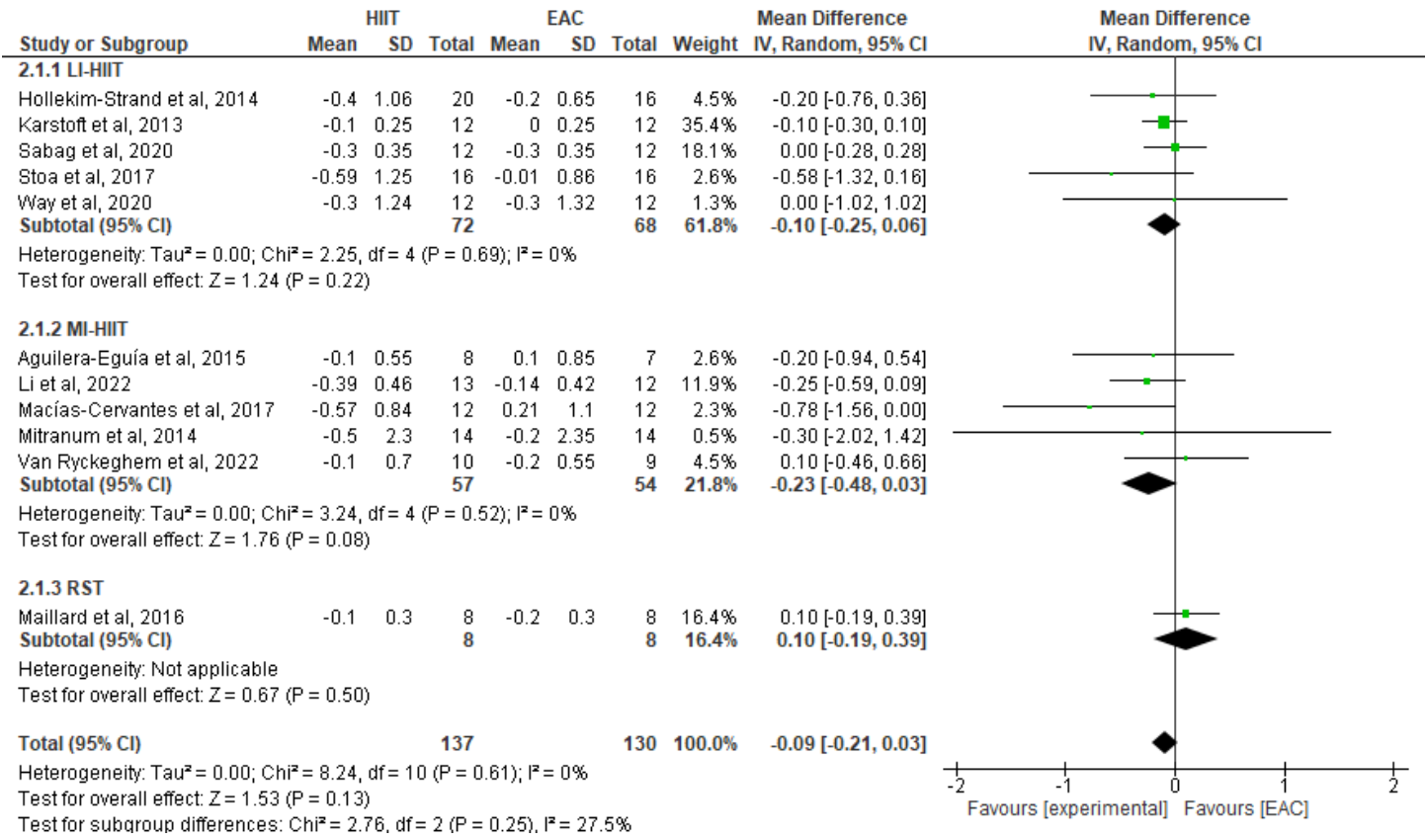
VO2pico HIIT vs control



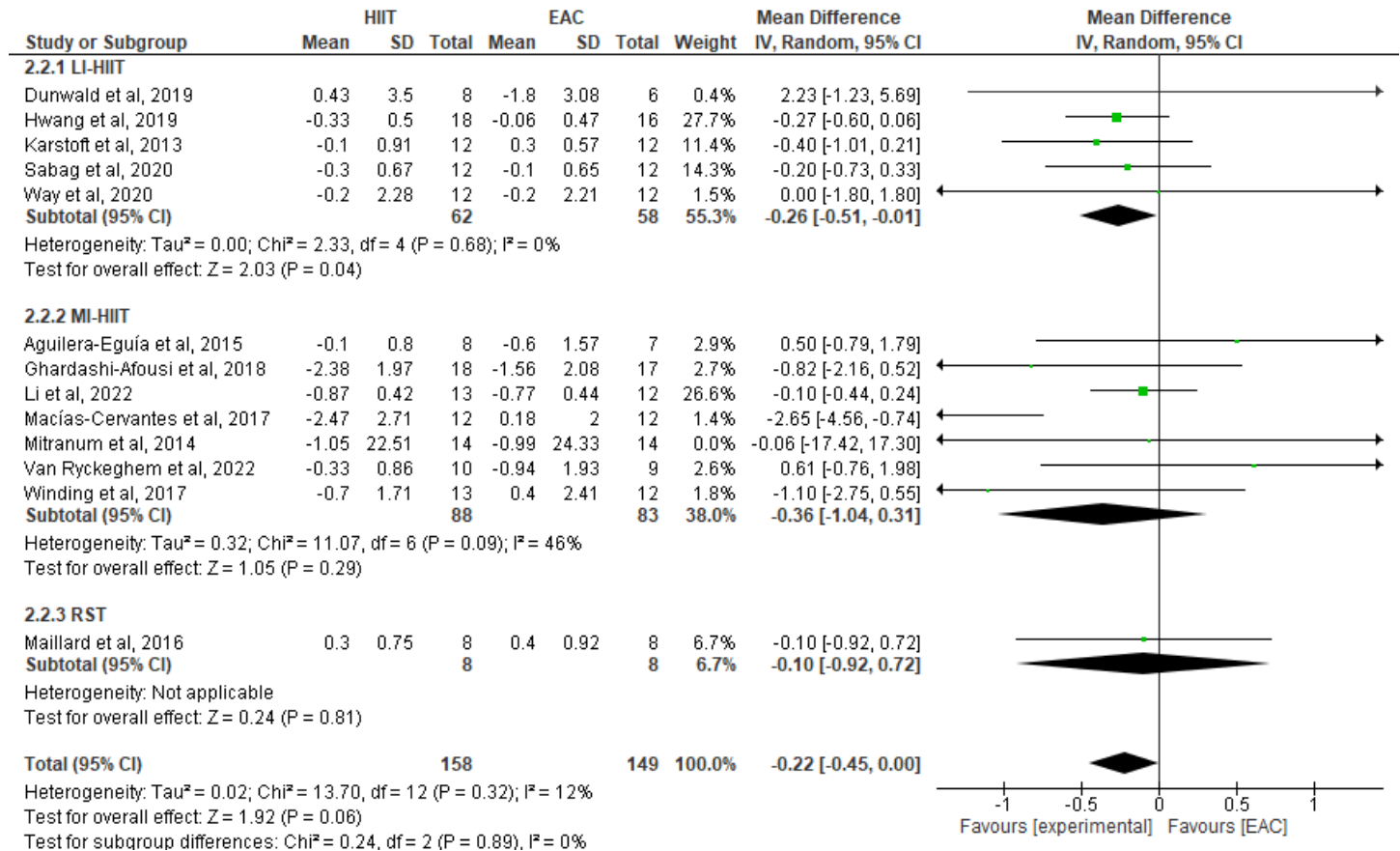
% grasa HIIT vs control



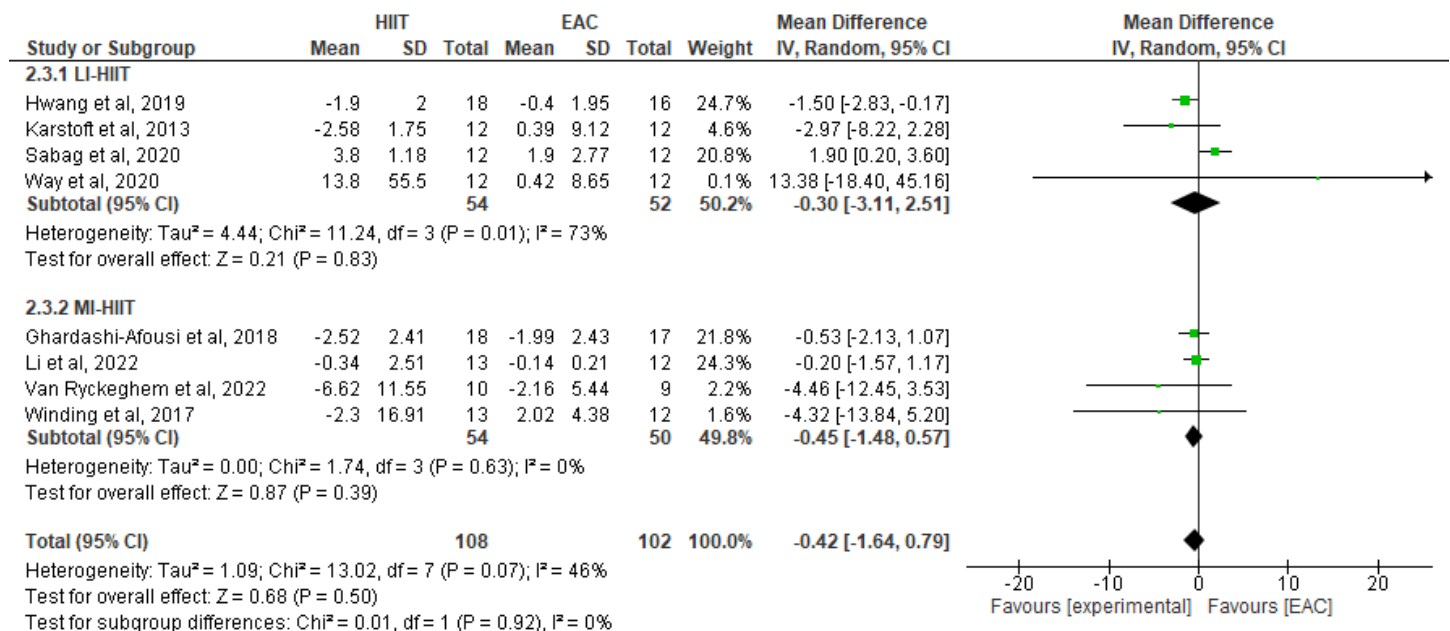
HbA1c HIIT vs EAC



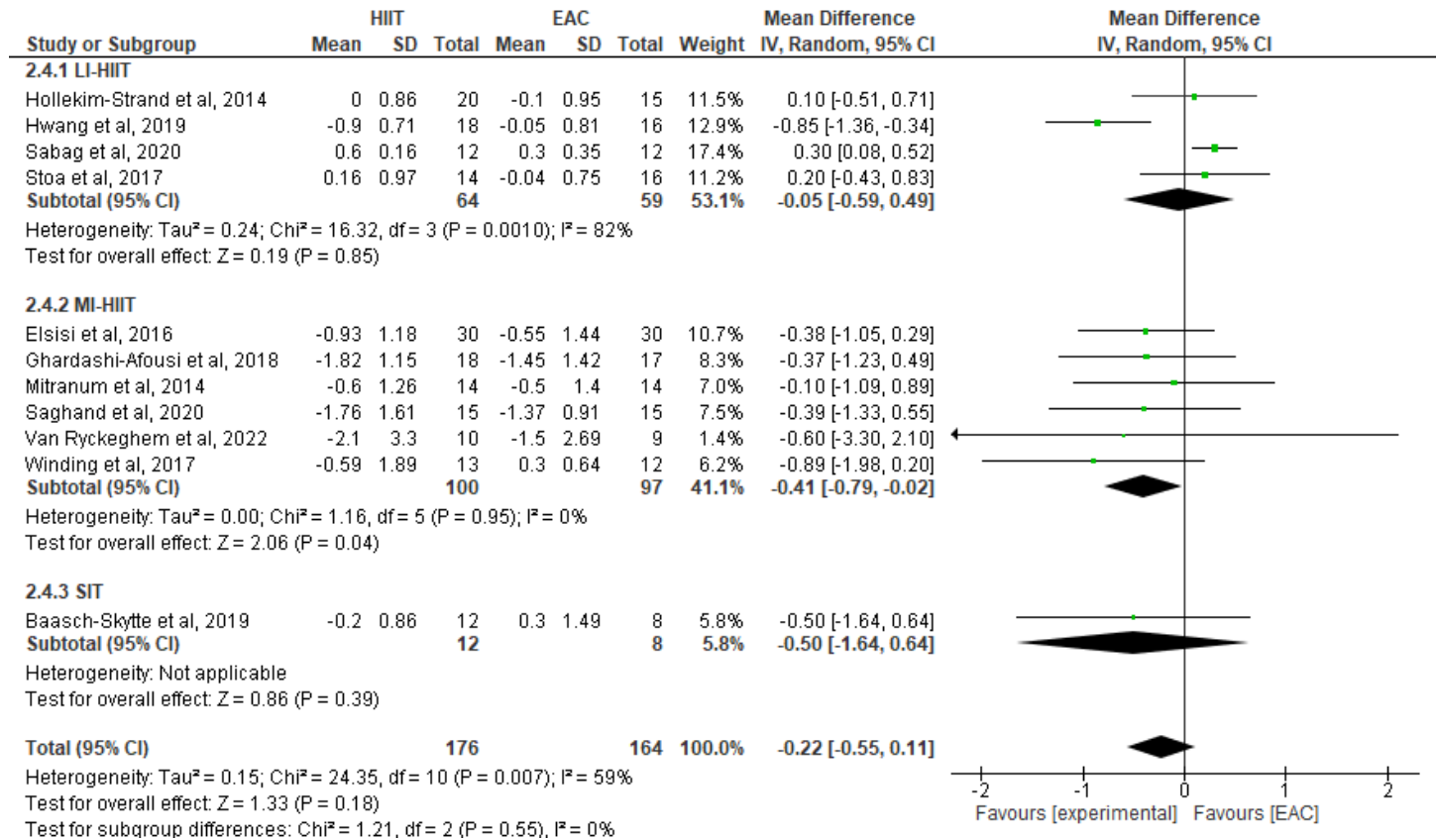
Glicemia HIIT vs EAC



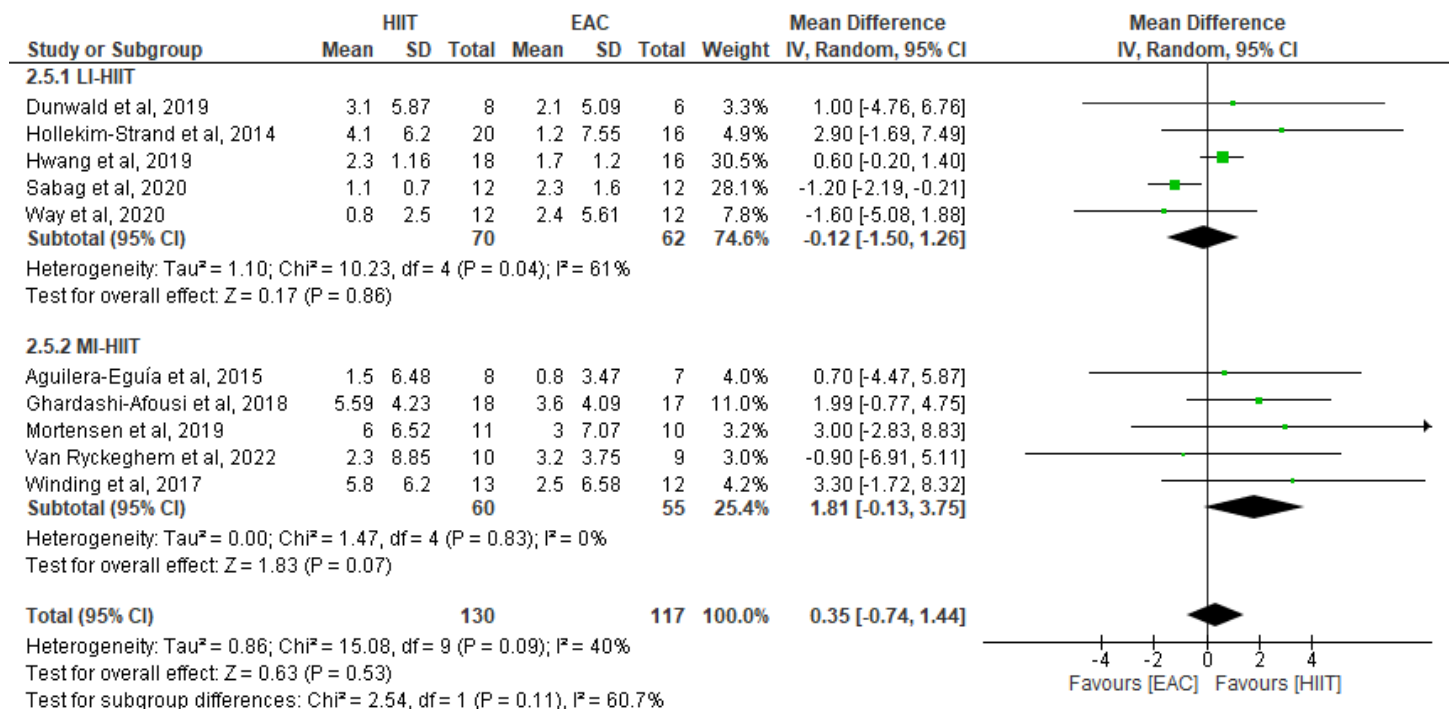
Insulinemia HIIT vs EAC



HOMA IR HIIT vs EAC



VO2pico HIIT vs EAC



% grasa HIIT vs EAC

