

FIGURE LEGENDS AND FIGURES

Figure 1: Alterations in body weight as a result of treatment. *Combined group post-training values are significantly different than combined group pre-training values, $p < 0.05$.

Figure 2: Alterations in body BMI from the pre-treatment to the post-treatment period.

*Combined group post-training values are significantly different than combined group pre-training values, $p < 0.05$.

Figure 3: Changes in the activity of HADH activity as a result of treatment. *Combined group post-training values are significantly different than combined group pre-training values, $p < 0.05$.

Trend for differences between the HIIT and MIT groups over time, $p < 0.055$.





