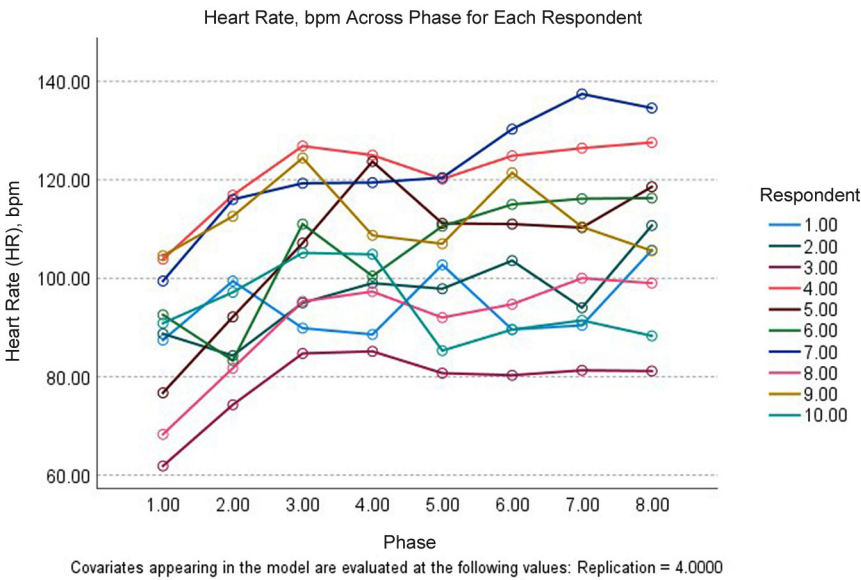
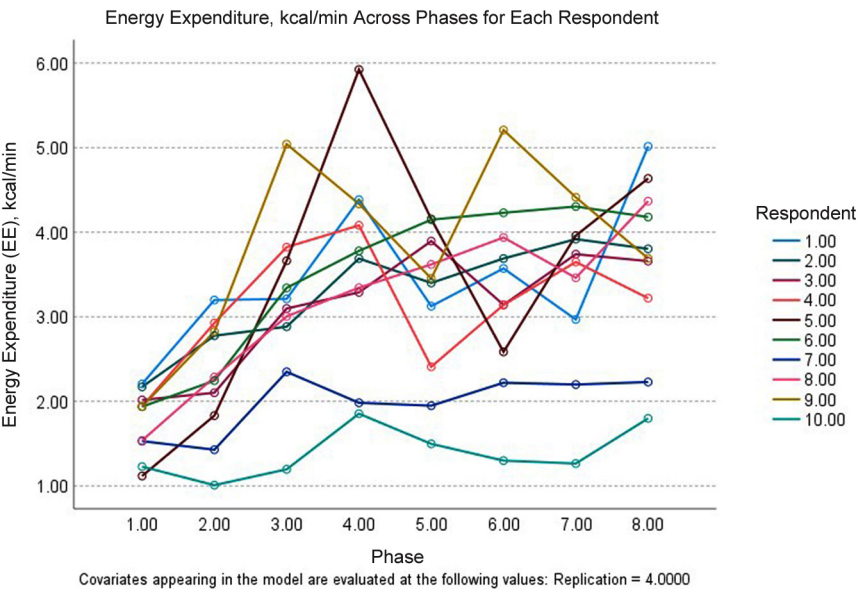


Supplementary Fig. 1 Oxygen consumption across phases for each respondent.



Supplementary Fig. 2 Heart rate across phases for each respondent.



Supplementary Fig. 3 Energy expenditure across phases for each respondent.