

Table 3. Percent changes in plasma volume ($\Delta\%PV$) from Pre to both Post (immediately after exercise) and 30 Min Post (30 minutes into recovery post-exercise). *significantly greater reduction ($p < 0.05$) from the Control session; ANOVA statistical analysis

Percent Change Plasma Volume ($\Delta\%PV$)		
Sessions	Pre to Post	Pre to 30 Min Post
Control	-6.1 ± 3.3	-4.2 ± 2.0
Low Intensity	$-11.1 \pm 4.2^*$	-5.1 ± 4.4
Moderate Intensity	$-10.4 \pm 4.4^*$	-6.1 ± 5.0
High Intensity	$-14.2 \pm 5.6^*$	-8.0 ± 4.0