

Table 4. Mean \pm SD results of select variable measures from each exercise session (n = 12). Aggregate overall response over the 30 minutes of exercise

Measure	Low Intensity (40%)	Moderate Intensity (60%)	High Intensity (80%)
Workload (W)	95.0 \pm 17.0	145.4 \pm 18.8	181.9 \pm 26.1
Heart Rate (bpm)	127 \pm 14	156 \pm 14	180 \pm 8
VO ₂ (mL/kg/min)	26.3 \pm 3.3	37.8 \pm 4.3	49.4 \pm 4.6
% VO _{2max}	45.3 \pm 5.0	65.2 \pm 7.7	85.0 \pm 5.8
RPE	10 \pm 2	13 \pm 2	16 \pm 1