

	Age	Sex	Crossover	VAT	HOMA1R	Aerobic	SBP	DBP	R²_{adj}
Full	0.671	0.797	0.004	0.117	0.043	0.058	0.555	0.807	0.195
D1	0.704	0.843	0.042	0.101	0.041	0.052	0.474	NA	0.223
D2	0.727	NA	0.033	0.015	0.037	0.048	0.478	NA	0.249
D3	NA	NA	0.032	0.011	0.032	0.046	0.518	NA	0.272
D4*	NA	NA	0.036	0.013	0.037	0.054	NA	NA	0.286
D5	NA	NA	0.090	0.050	0.083	NA	NA	NA	0.217

*Final model. Abbreviations: DBP, diastolic blood pressure; HOMA1R, homeostatic model of insulin resistance; SBP, systolic blood pressure; VAT, visceral adipose tissue.