

	Age	Sex	Crossover	VAT	HOMAIR	Aerobic	SBP	DBP	R²_{adj}
Full	0.820	0.524	0.046	0.052	0.150	0.019	0.546	0.809	0.242
D1	NA	0.543	0.042	0.034	0.132	0.017	0.569	0.751	0.269
D2	NA	0.475	0.037	0.032	0.123	0.011	0.139	NA	0.292
D3*	NA	NA	0.046	<0.001	0.141	0.012	0.182	NA	0.304
D4	NA	NA	0.075	0.002	0.279	0.023	NA	NA	0.283

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