S1. Pearson’s correlation coefficients from exercising in NT condition.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | *HR* | *Tcore* | *Tskin* | *Epi* | *NE* | *TEStot* | *TESbio* | *SHBG* | *ACTH* | *COR* | *IGF-1* | *TSH* | *T3* | *T3free* | *T4free* |
| *Leukocytes* | 0.689 | NS | NS | NS | 0.544 | NS | 0.518 | NS | 0.550 | NS | NS | NS | NS | NS | 0.529 |
| *Lymphocytes* | NS | NS | NS | NS | 0.580 | NS | NS | -0.525 | 0.701 | 0.739 | NS | 0.644 | NS | NS | NS |
| *Granulocytes* | 0.601 | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *Monocytes* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-1ra* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-1β* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.590 | NS | NS | NS | NS |
| *IL-2* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-4* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.516 | NS | NS | NS |
| *IL-5* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-6* | NS | NS | NS | NS | NS | -0.532 | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-7* | NS | NS | NS | NS | NS | -0.797 | -0.842 | NS | NS | NS | NS | NS | -0.758 | -0.602 | NS |
| *IL-8* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-9* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.566 | NS | NS | NS |
| *IL-10* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-12* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.564 | NS | NS | NS |
| *IL-15* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *IL-17* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *Eotaxin* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *FGF-2* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *G-CFS* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.577 | NS | NS | NS |
| *IFN-γ* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.656 | NS | NS | NS | NS |
| *IP-10* | NS | NS | 0.689 | NS | 0.667 | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *PDGF* | NS | NS | NS | NS | NS | NS | -0.842 | NS | NS | NS | NS | NS | NS | NS | NS |
| *MCP-1* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | 0.588 | 0.528 | NS |
| *MIP-1β* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | -0.520 | NS | NS |
| *Rantes* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |
| *VEGF* | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS |

HR, heart rate; tcore, core temperature; tskin, skin temperature; Epi, epinephrine; NE, norepinephrine; TESbio, bioavailable testosterone, ACTH, adenocorticotropic hormone; IGF-1, insulin-like growth factor-1; TSH, thyroid-stimulating hormone; T3, triiodothyronine; T3free, free triiodothyronine; T4free, free thyroxine; IL, interleukin; FGF2, basic fibroblast growth factor; G-CSF; granulocyte colony-stimulating factor; IFN- γ; interferon gamma; IP-10, interferon gamma-induced protein 10; PDGF, platelet-derived growth factor; MCP-1, monocyte chemotactis protein-1; MIP-1β, macrophage inflammatory protein 1β; VEGF, vascular. NS, non-significant. Correlation coefficients are significant at *p* ˂ 0.05.