

VARIABLE	Mean Difference (95% CI)		
	MICT	SIT	CTL
Weight (kg)	-1.4 (-2.7, -0.1)	-1.8 (-4.2, 0.6)	0.2 (-2.5, 2.9)
BMI (kg/m²)	-0.5 (-0.9, -0.1)	-0.5 (-1.3, 0.2)	0.1 (-0.8, 1.0)
Percent Fat (%)	-1.6 (-2.5, -0.6)	-2.1 (-3.9, -0.3)	1.2 (-0.5, 2.8)
VO₂peak (ml/kg/min)	6.0 (3.7, 8.3)	5.9 (4.0, 7.8)	-0.02 (-0.9, 0.9)
VO₂peak (L/min)	0.4 (0.2, 0.7)	0.4 (0.2, 0.5)	-0.02 (-0.2, 0.1)
Max Workload (W)	23 (13, 33)	30 (12, 48)	-6 (-23, 12)
CS_i	1.8 (0.4, 3.1)	2.6 (0.5, 4.8)	-0.4 (-1.9, 1.1)
K_G (%/min)	0.12 (-0.28, 0.53)	0.33 (-0.13, 0.78)	0.07 (-0.20, 0.34)
ΔAUC_{INS} (10-50 min) (uIU/ml)	-163 (-349, 22)	-81 (-417, 255)	109 (-83, 300)
ΔInsulin AUC (uIU/ml)	-200 (-430, 30)	-61 (-397, 274)	109 (-83, 300)
ΔGlucose AUC (mmol/L)	-64 (-105, -22)	-78 (-124, -32)	22 (-15, 58)
FPG (mmol/L)	-0.1 (-1.8, 1.6)	0.4 (-0.6, 1.3)	-0.2 (-1.1, 0.9)
FPI (uIU/mL)	-2.6 (-6.6, 1.5)	-1.6 (-3.9, 0.6)	3.3 (-4.7, 11.4)
HOMA-IR	-0.4 (-1.8, 1.0)	-0.2 (-0.7, -0.3)	0.7 (-0.8, 2.2)