

Table S2. Multi-modal HIIT Training.

	Monday	Wednesday	Friday
Week 1	A. In 60sec complete; 4-6 Back squats 8-10 ring rows Box jumps for the remainder of 60sec Q4min x 6 rounds*	A. In 60sec complete; 4-6 Fat bar bench press 8-10 DB walking lunges D-ball slams for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Trap bar deadlift 8-10 DB push press Double rope undulations for the remainder of 60sec Q4min x 6 rounds
Week 2	A. In 60sec complete; 4-6 Press 8-10 DB bent over rows Top end burpees for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Front squat 8-10 push-ups Lateral hurdle hops for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Incline bench press 8-10 ring rows KBS for the remainder of 60sec Q4min x 6 rounds
Week 3	A. In 60sec complete; 4-6 Clean grip RDL 8-10 DB bench press D-ball slams for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Push press 8-10 DB RDL Box jumps for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Back squat 8-10 DB Push press Alternating rope undulations for the remainder of 60sec Q4min x 6 rounds
Week 4	A. In 60sec complete; 4-6 Front squat 8-10 push-ups Lateral hurdle hops for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Fat bar bench press 8-12 DB walking lunges D-ball slams for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Back squats 8-12 ring rows Box jumps for the remainder of 60sec Q4min x 6 rounds
Week 5	A. In 60sec complete; 4-6 Press 8-12 DB bent over rows Top end burpees for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Back squats 8-12 ring rows Box jumps for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Trap bar deadlift 8-12 DB push press Double rope undulations for the remainder of 60sec Q4min x 6 rounds
Week 6	A. In 60sec complete; 4-6 Clean grip RDL 8-12 DB bench press Alternating rope undulations for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Push press 8-12 DB bent over rows Box jumps for the remainder of 60sec Q4min x 6 rounds	A. In 60sec complete; 4-6 Back squat 8-12 push-ups D-ball slams for the remainder of 60sec Q4min x 6 rounds

*60sec Q4min x 6 rounds – indicates each work interval is 60 seconds every 4 minutes (ie. 3 minutes rest interval) for 6 rounds or sets per session. DB – dumbbell; KBS – kettlebell swings; RDL – Romanian deadlift.