

Table S1. Comparison of measured oxygen uptake values with estimated values at fixed work rates (100 watts, n = 83; 55% peak WR, n = 91).

Pre				Comparisons	Post			
Mean VO ₂	MD (l·min ⁻¹)	Upper LoA	Lower LoA		Mean VO ₂	MD (l·min ⁻¹)	Upper LoA	Lower LoA
1.41	-0.03	0.30	-0.36	VO ₂ vs. ROT 100 watt	1.44	0.00	0.31	-0.32
	-0.31	0.03	-0.64	VO ₂ vs. ACSM 100 watt		-0.28	0.04	-0.60
	0.03	0.36	-0.31	VO ₂ vs. FRIEND 100 watt		0.05	0.37	-0.27
1.17	-0.01	0.26	-0.29	VO ₂ vs. ROT 55% peak WR	1.28	0.00	0.37	-0.36
	-0.27	0.02	-0.55	VO ₂ vs. ACSM 55% peak WR		-0.26	0.10	-0.62
	0.06	0.34	-0.22	VO ₂ vs. FRIEND 55% peak WR		0.07	0.43	-0.29

MD: mean of the differences; LoA: limit of agreement; VO₂: oxygen uptake; VO_{2c}: oxygen uptake determined with equation; WR: work rate; ROT: rules of thumb; ACSM: American College of Sports Medicine; FRIEND: Fitness Registry and the Importance of Exercise National Database

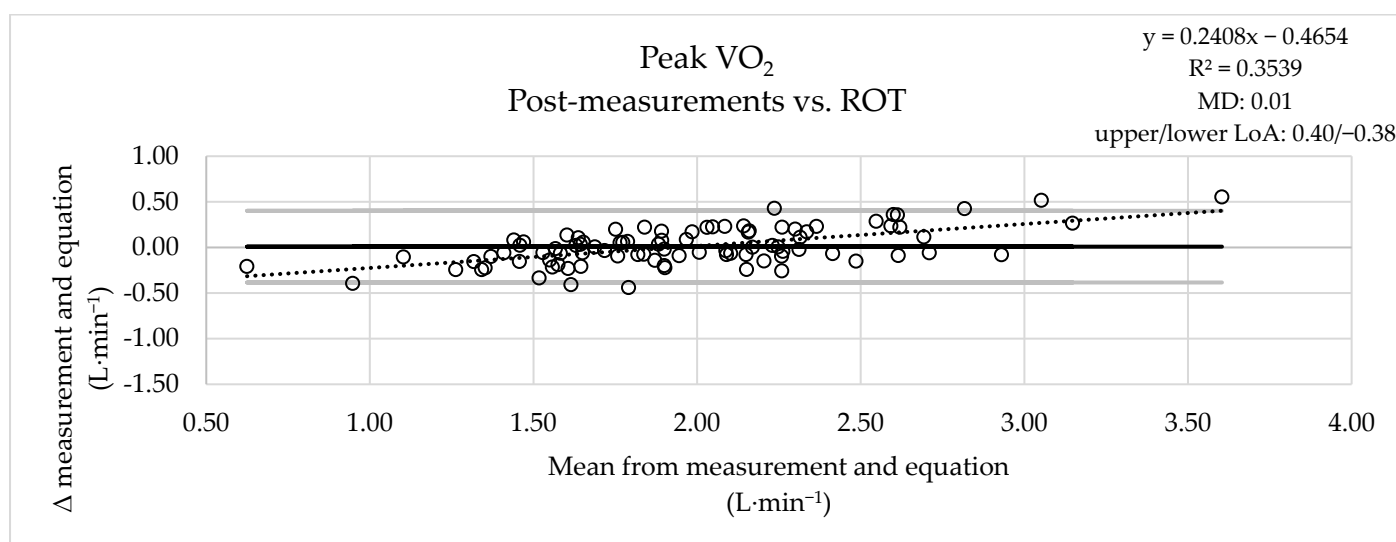


Figure S1. Graphical comparison of the oxygen uptake values of the post-testings with the ROT combination results (n = 91). VO₂: oxygen uptake; ROT: rules of thumb; upper solid line: upper limit of agreement (LoA); middle solid line: mean of differences (MD) between measurements and equation results; lower solid line: lower limit of agreement; dashed line: linear trend (y: equation to the line; R²: determination coefficient).

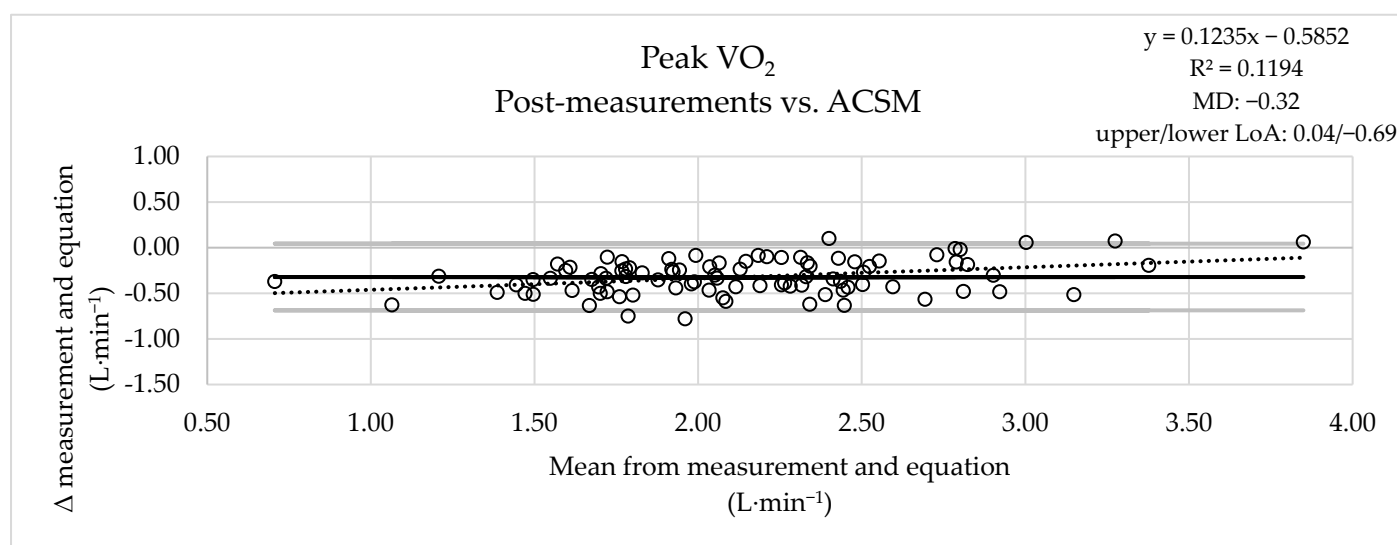


Figure S2. Graphical comparison of the oxygen uptake values of the post-testings with ACSM equation results (n = 91). VO₂: oxygen uptake; ACSM: American College of Sports Medicine; upper solid line: upper limit of agreement (LoA); middle solid line: mean of differences (MD) between measurements and equation results; lower solid line: lower limit of agreement; dashed line: linear trend (y: equation to the line; R²: determination coefficient).

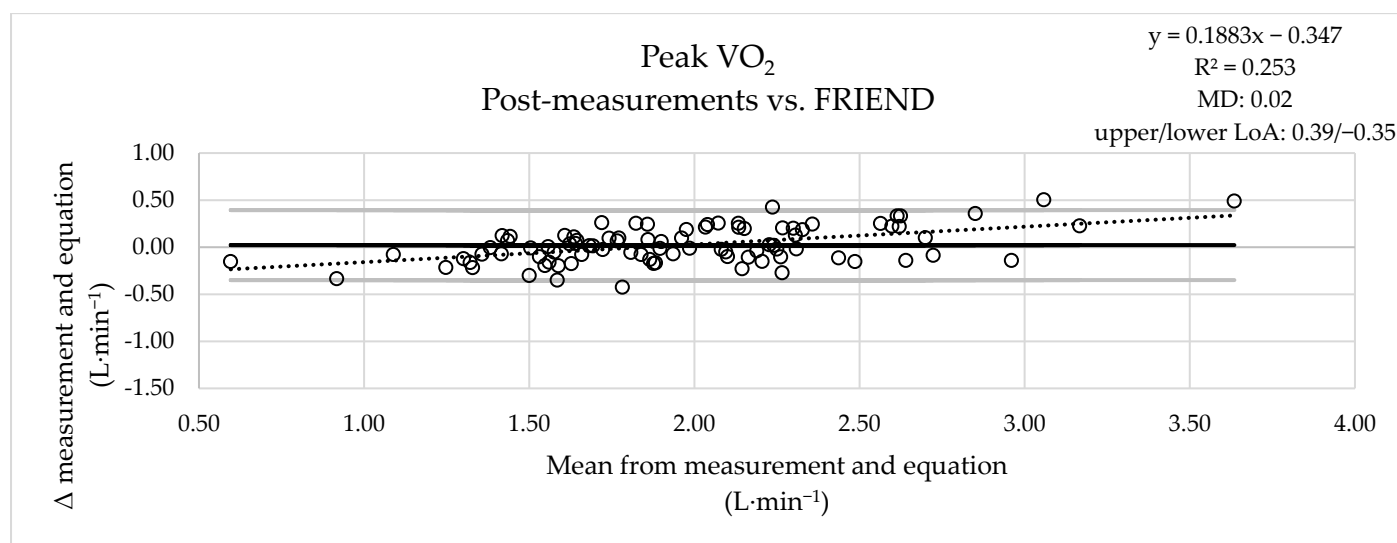


Figure S3. Graphical comparison of the oxygen uptake values of the post-testings with FRIEND equation results (n = 91). VO₂: oxygen uptake; FRIEND: Fitness Registry and the Importance of Exercise National Database; upper solid line: upper limit of agreement (LoA); middle solid line: mean of differences (MD) between measurements and equation results; lower solid line: lower limit of agreement; dashed line: linear trend (y: equation to the line; R²: determination coefficient).