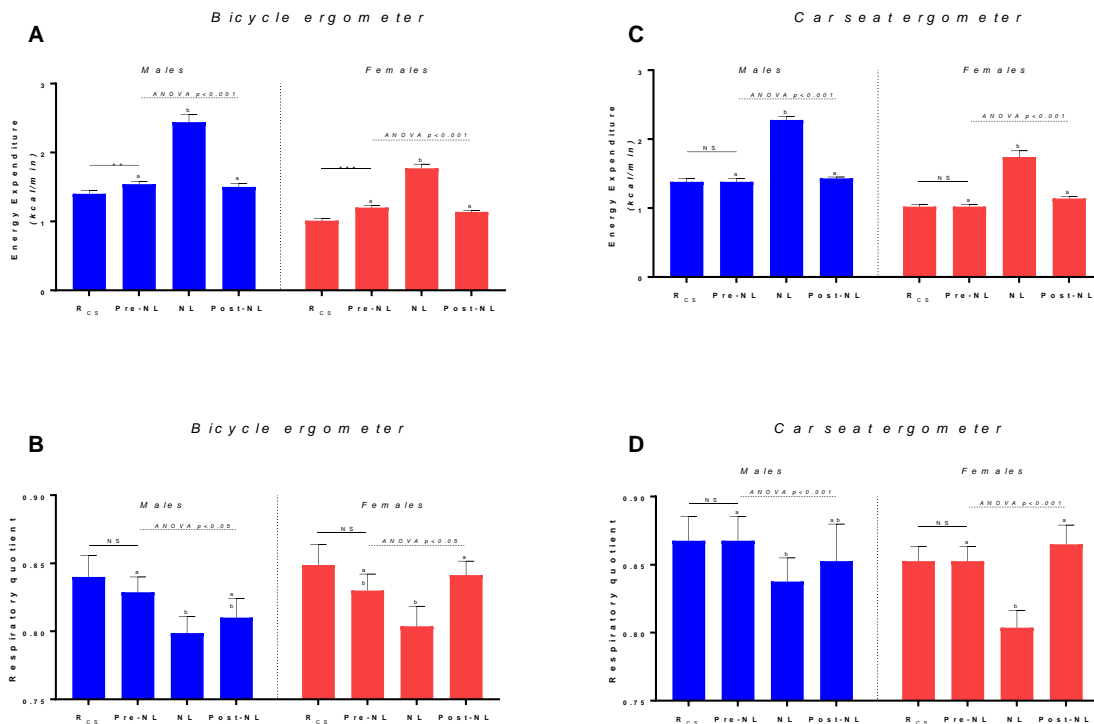


## Supplementary Materials

### Supplementary Figure S1



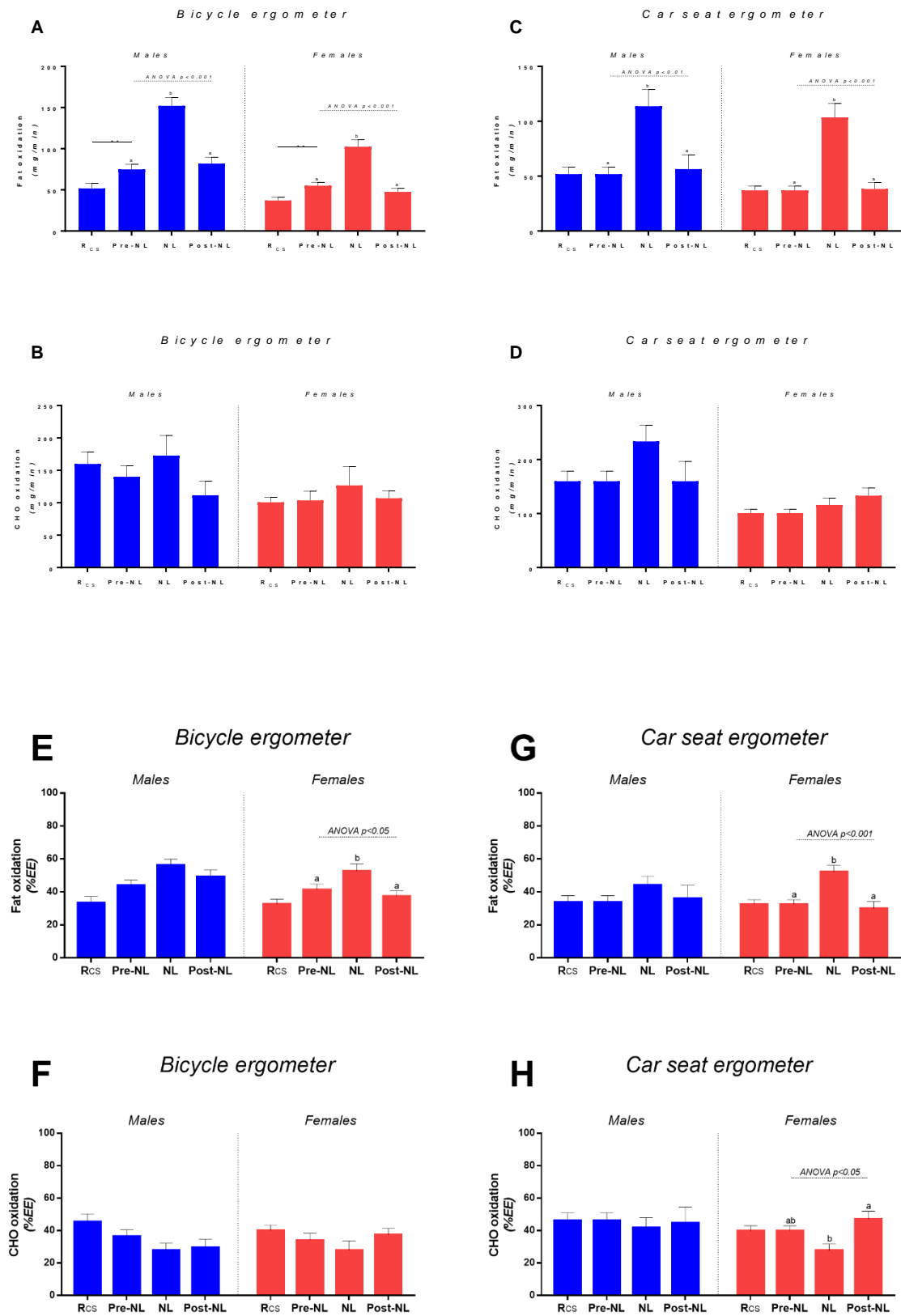
**Supplementary Figure S1.** Energy expenditure (upper panels) and respiratory quotient (lower panels) at rest and in response to no-load (NL) cycling using the bicycle ergometer (panels A and B) or the car seat ergometer (panels C and D) in men (in blue) and women (in red). R<sub>cs</sub> = at rest while sitting in car seat ergometer; NL= No-load cycling: sitting (car seat or bicycle) and cycling at 60 rpm at no-load; Pre-NL and Post-NL = at rest while sitting in car seat or bicycle with feet on pedals before and after no-load cycling, respectively.

Values are mean  $\pm$  SEM.

ANOVA test was applied across pre-no-load, no-load and post-no-load, followed by post-hoc pairwise comparisons using Tukey's test; values with different superscripts (a, b) are significantly different from each other ( $p < 0.05$ ).

Paired t-test was applied for comparing Pre-NL vs R<sub>cs</sub>; \*\*, \*\*\*: significant difference at  $p < 0.01$  and  $p < 0.001$ , respectively.

## Supplementary Figure S2



**Supplementary Figure S2.** Substrate oxidation rates at rest and in response to no-load (NL) cycling using the bicycle ergometer (panels A, B, E and F) or the car seat ergometer (panels C, D, G and H) in men (in blue) and women (in red). Rcs = at rest while sitting in car seat ergometer; NL= No-load cycling: sitting (car seat or bicycle) and cycling at 60 rpm at no-load; Pre-NL and Post-NL = at rest while sitting in car seat or bicycle with feet on pedals before and after no-load cycling, respectively; CHO = carbohydrates; EE = energy expenditure.

Values are mean  $\pm$  SEM. In Figure S2 A, B, C and D, the data of substrate oxidation are expressed as mg/min, while in Figure S2 E, F, G and H, they are expressed as a percentage of energy expenditure (%EE).

ANOVA test was applied across pre-no-load, no-load and post-no-load, followed by post-hoc pairwise comparisons using Tukey's test; values with different superscripts (a, b) are significantly different from each other ( $p < 0.05$ ).

Paired t-test was applied for comparing Pre-NL vs Rcs; \*\*: significant difference at  $p < 0.01$ .