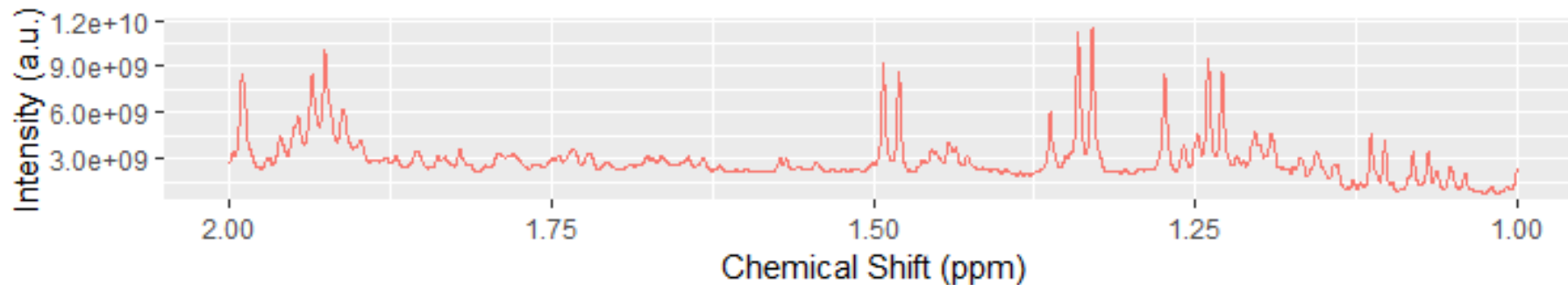


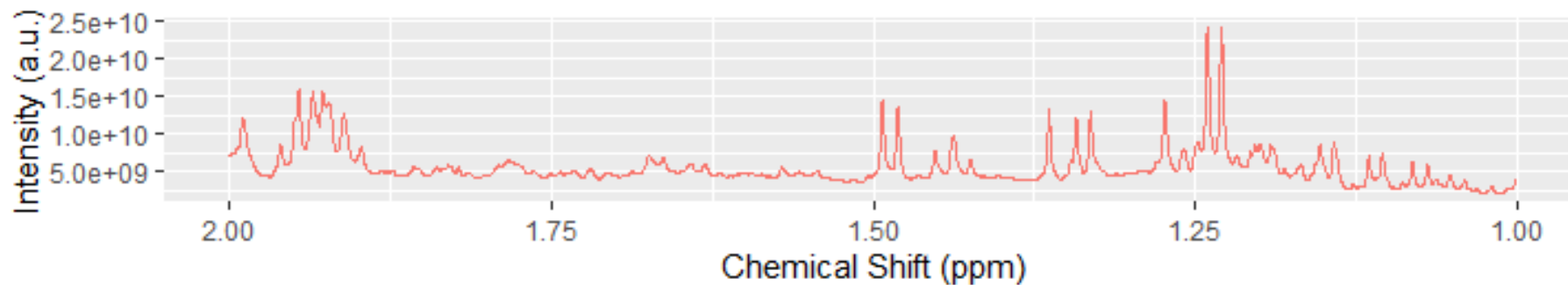
# Example $^1\text{H}$ -NMR spectra characteristic of the trained- and untrained groups

- Representative spectra from untrained and trained participant of the X-Adapt study before (pre) and after (post) performed exercise
- Water region was excluded

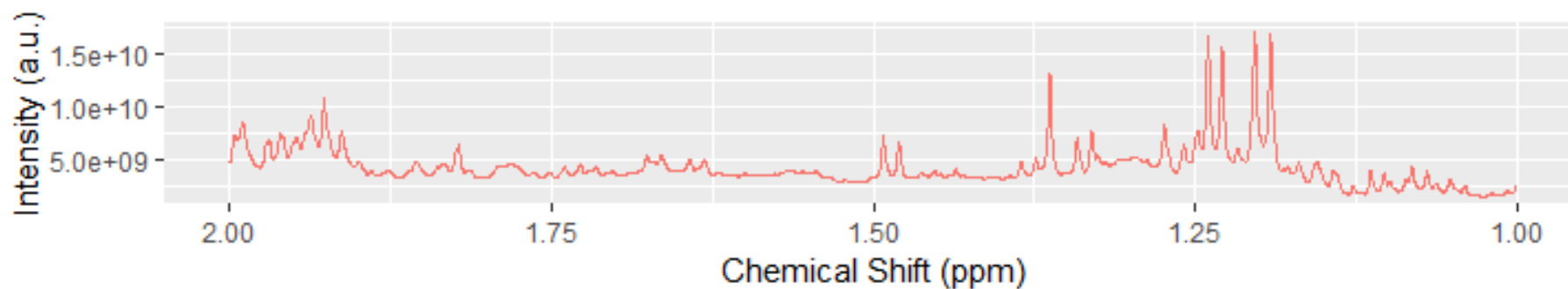
Chemical shift range: 1.0 to 2.0 ppm



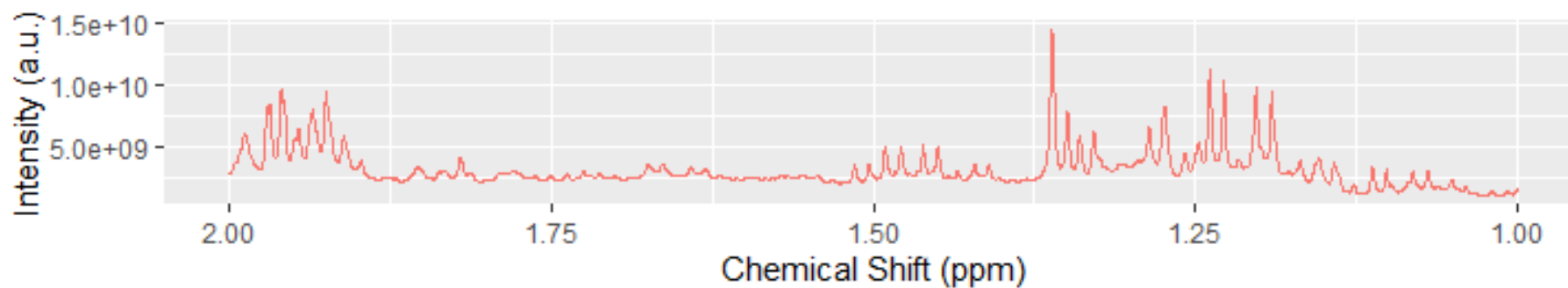
Untrained - preexercise



Untrained - postexercise

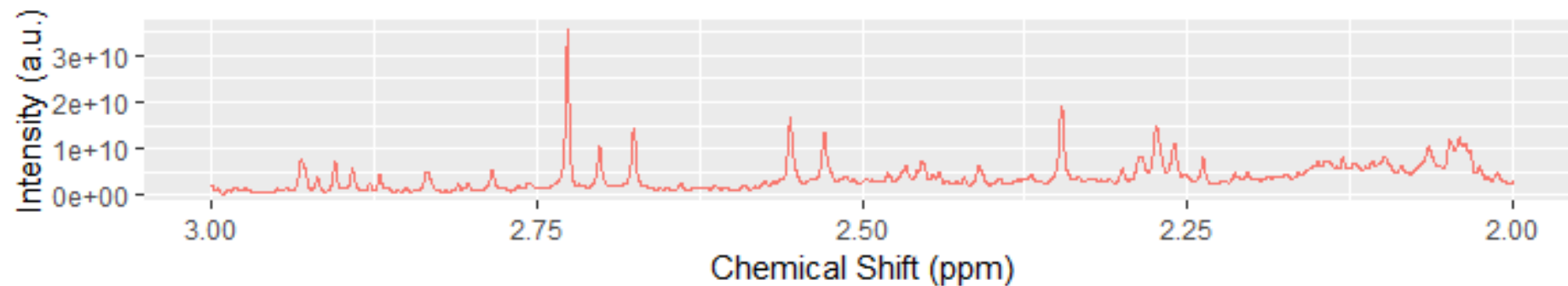


Trained - preexercise

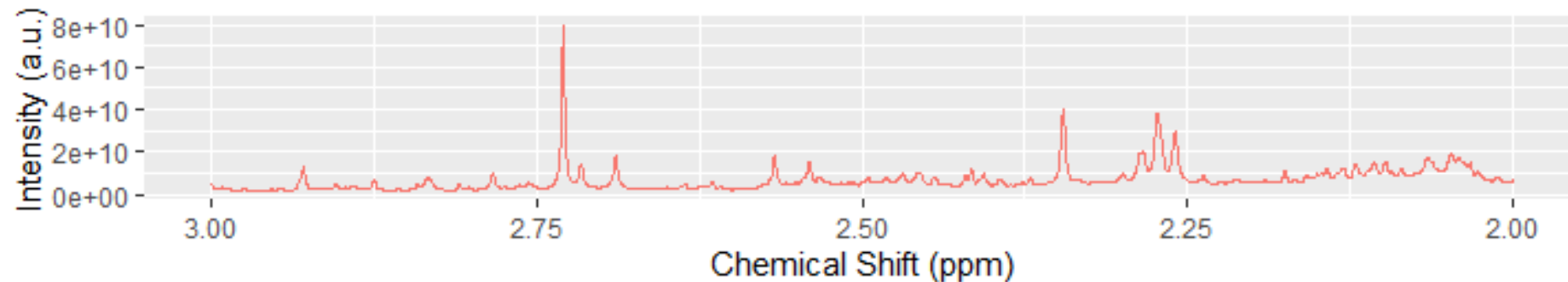


Trained - postexercise

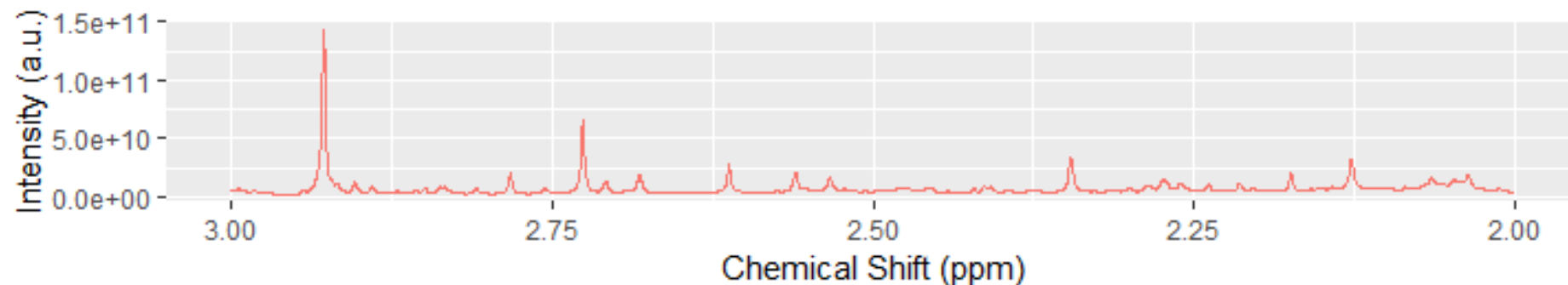
# Chemical shift range: 2.0 to 3.0 ppm



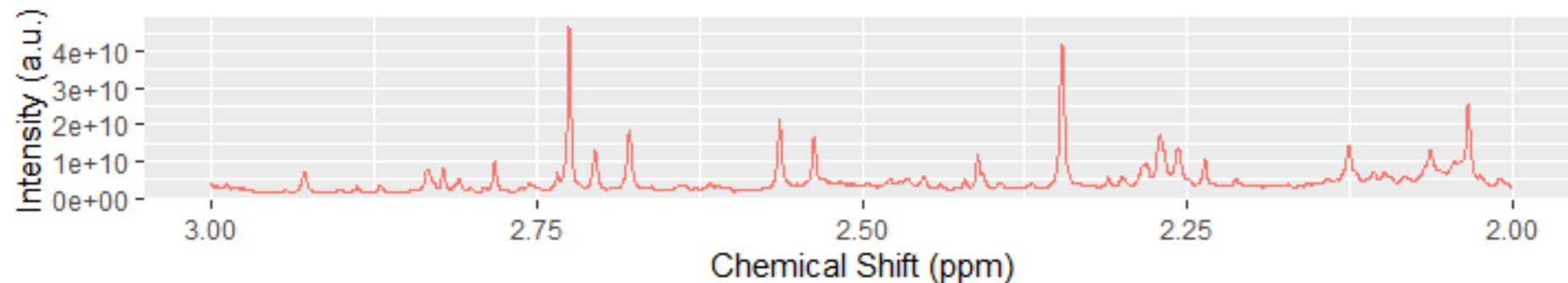
Untrained - preexercise



Untrained - postexercise

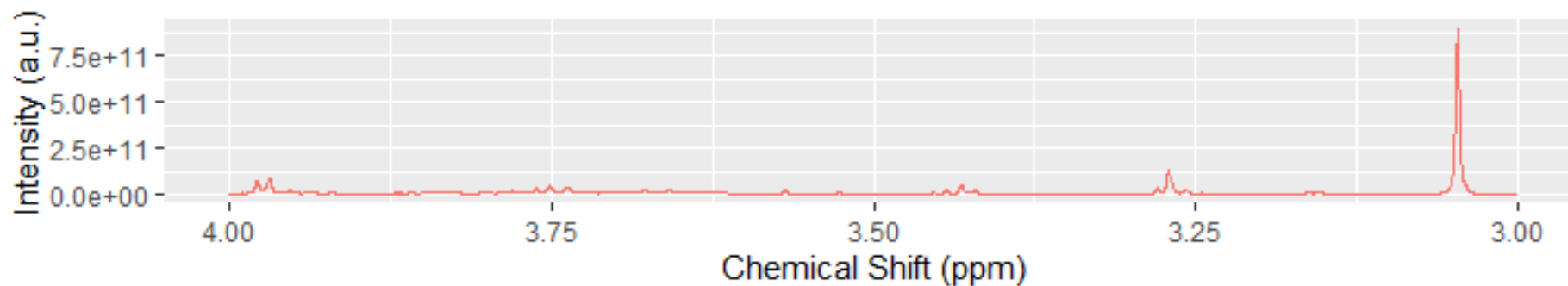
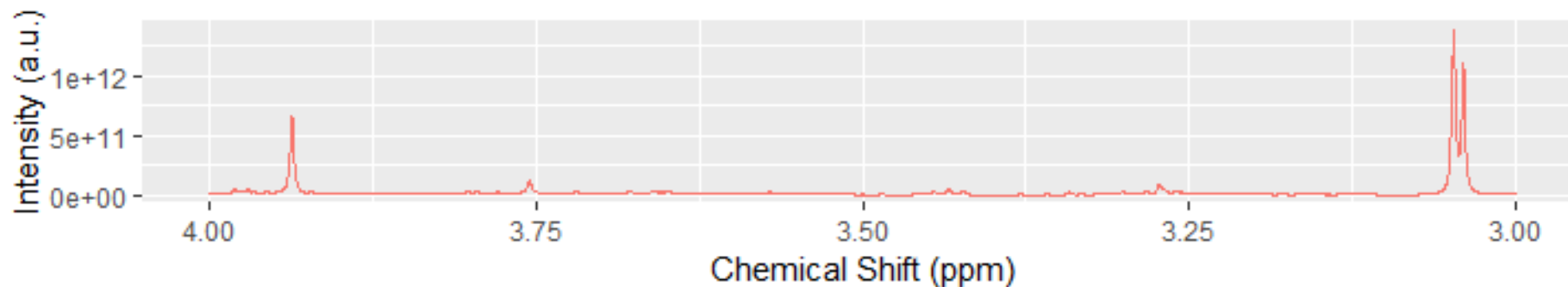
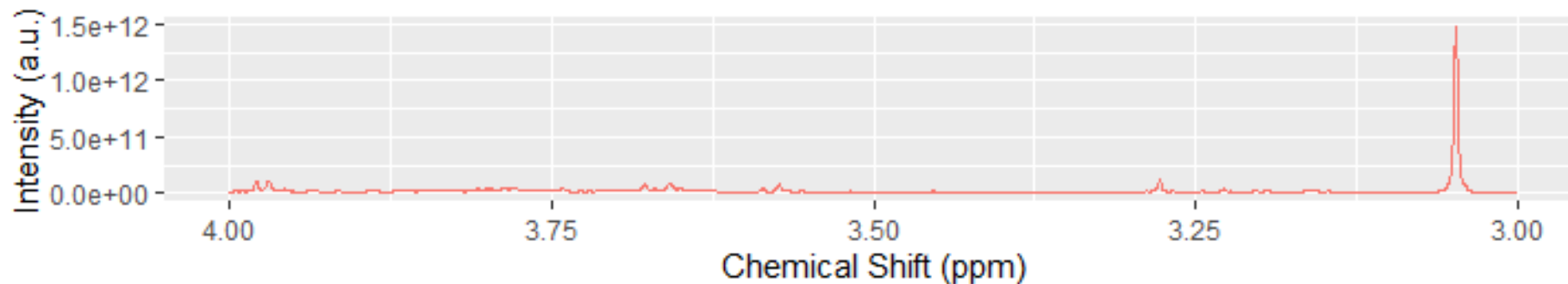
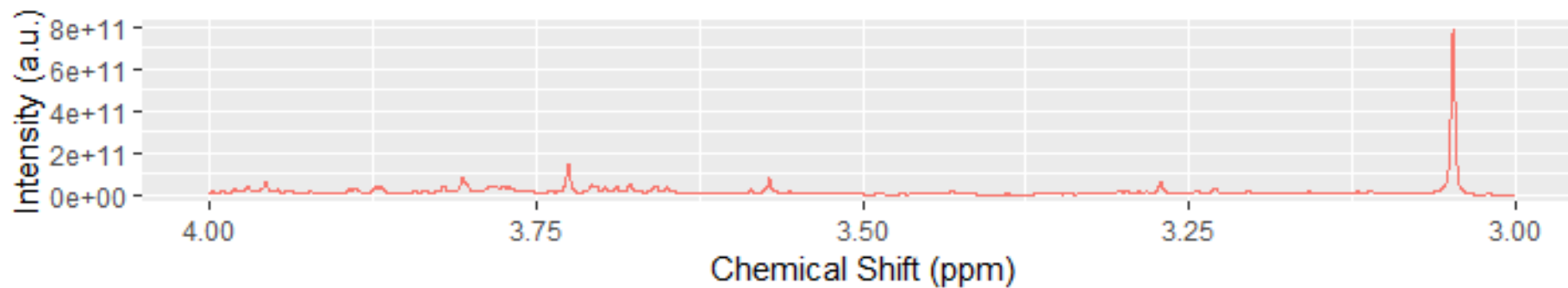


Trained - preexercise

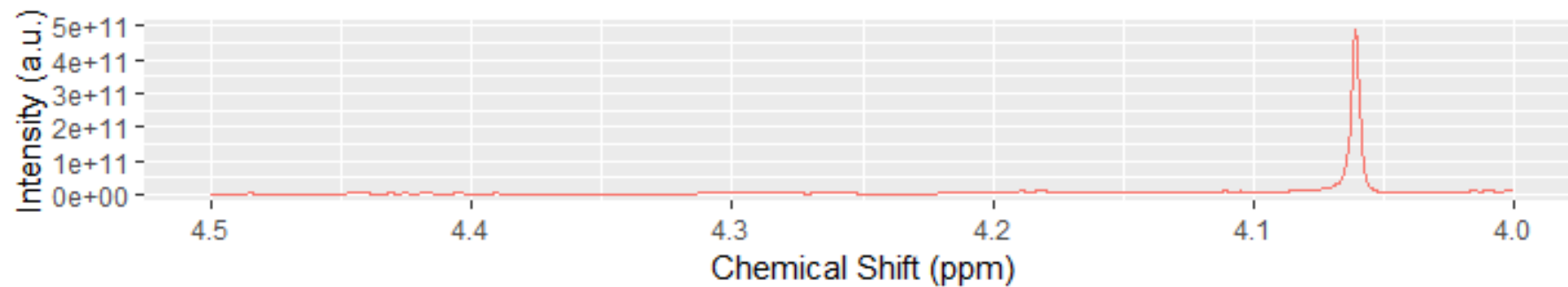


Trained - postexercise

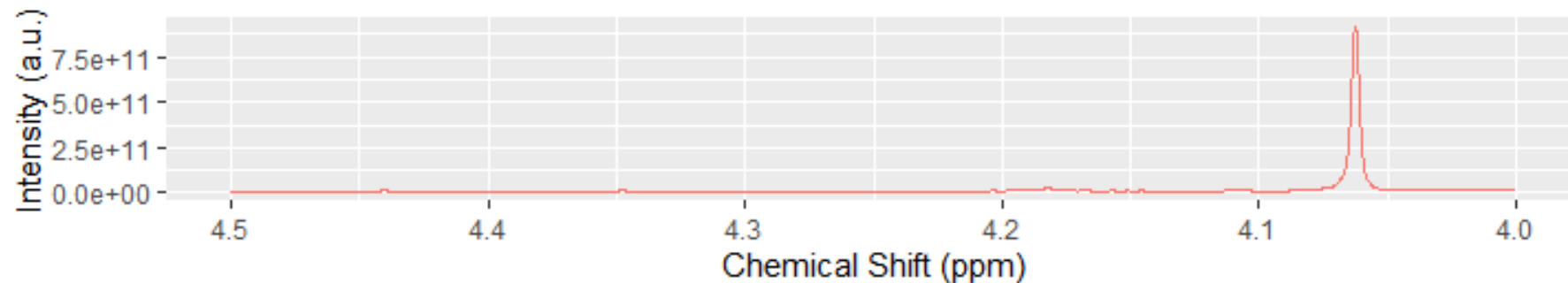
# Chemical shift range: 3.0 to 4.0 ppm



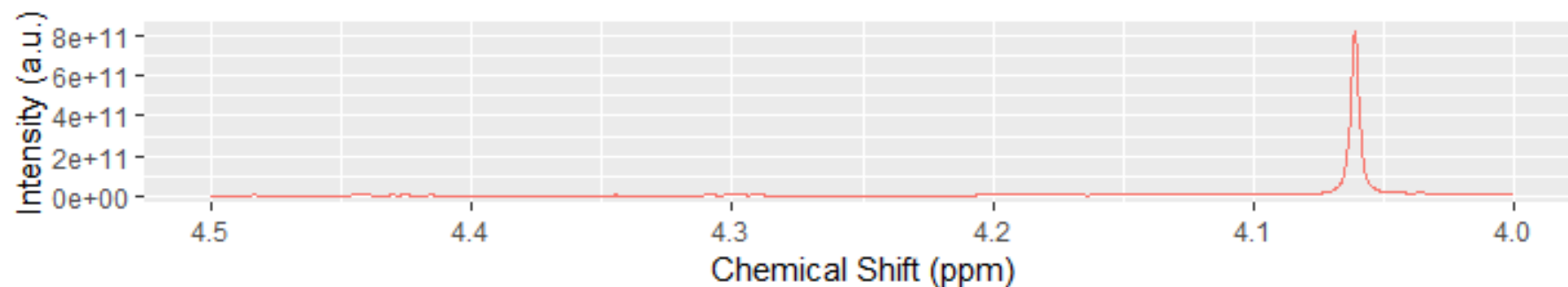
# Chemical shift range: 4.0 to 4.5 ppm



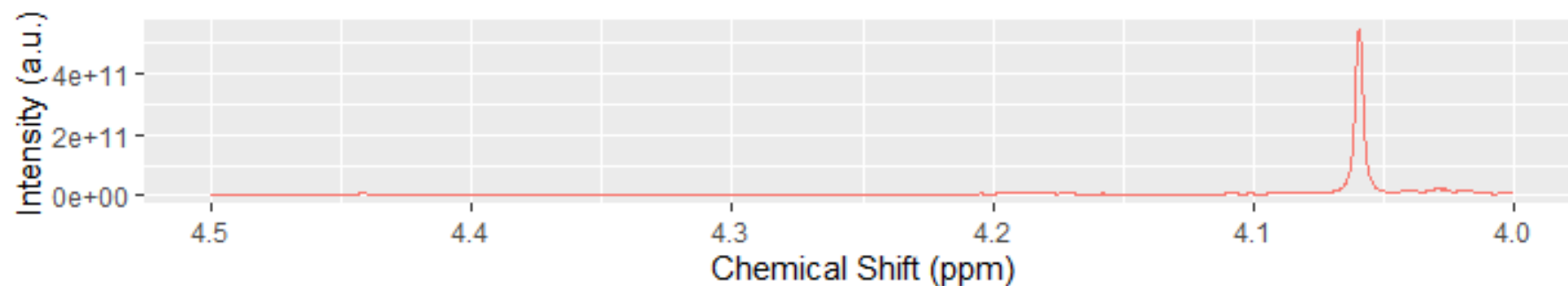
Untrained - preexercise



Untrained - postexercise

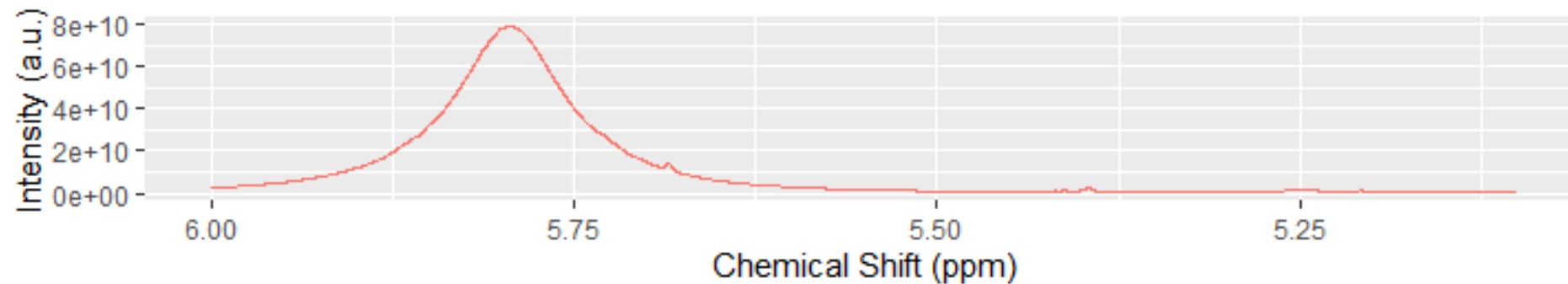
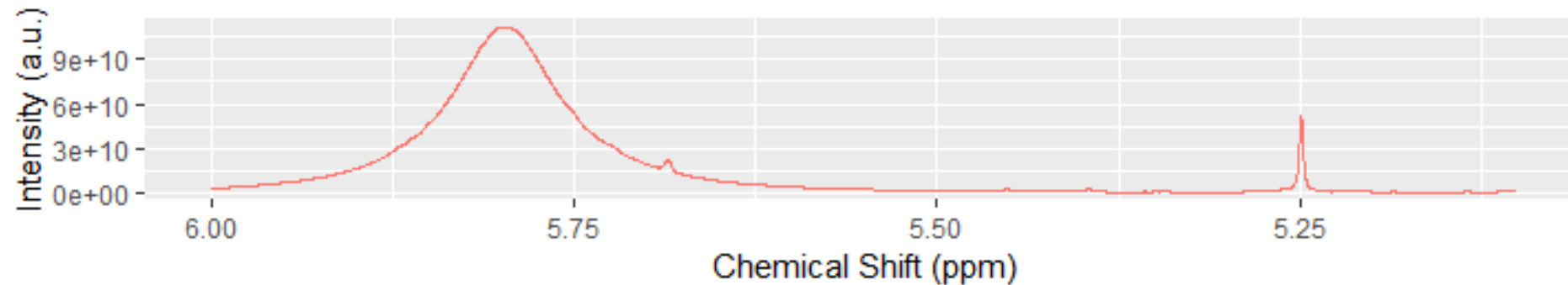
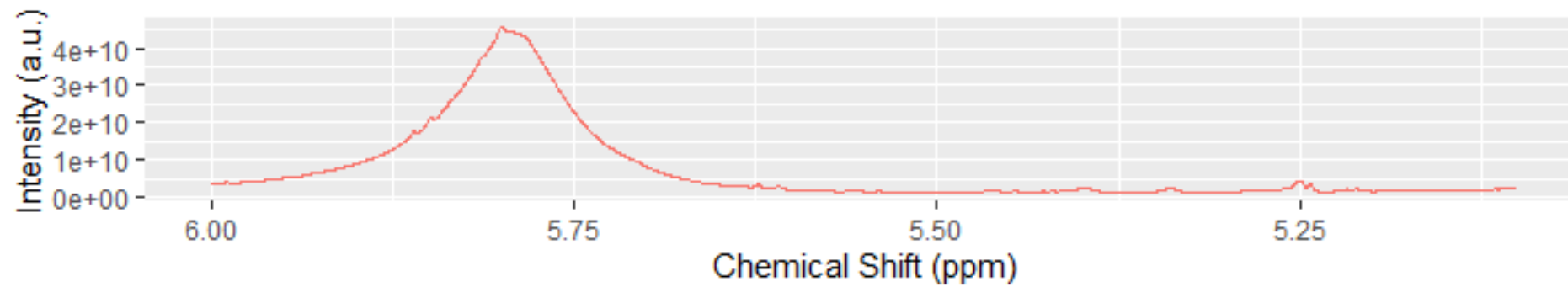
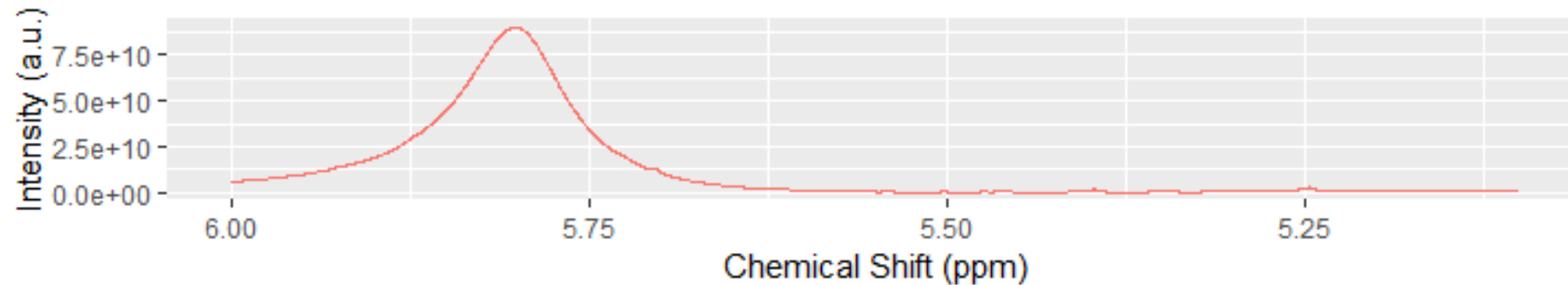


Trained - preexercise

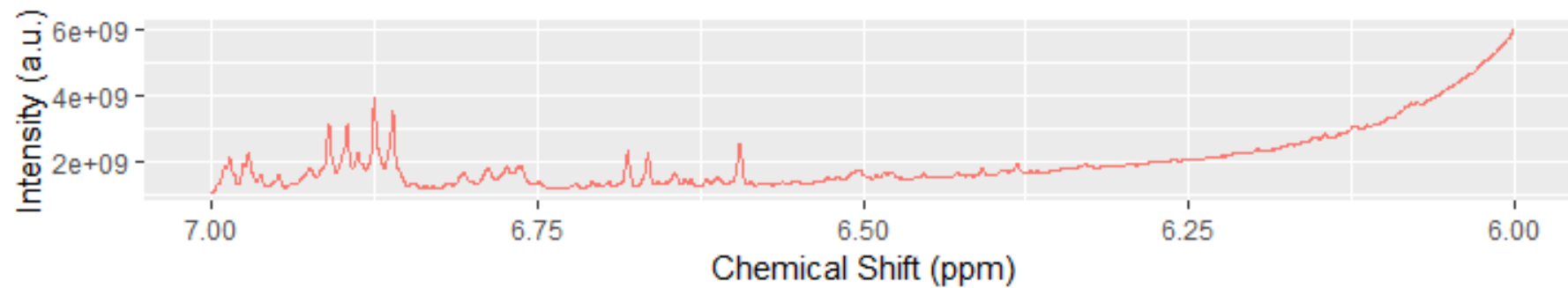


Trained - postexercise

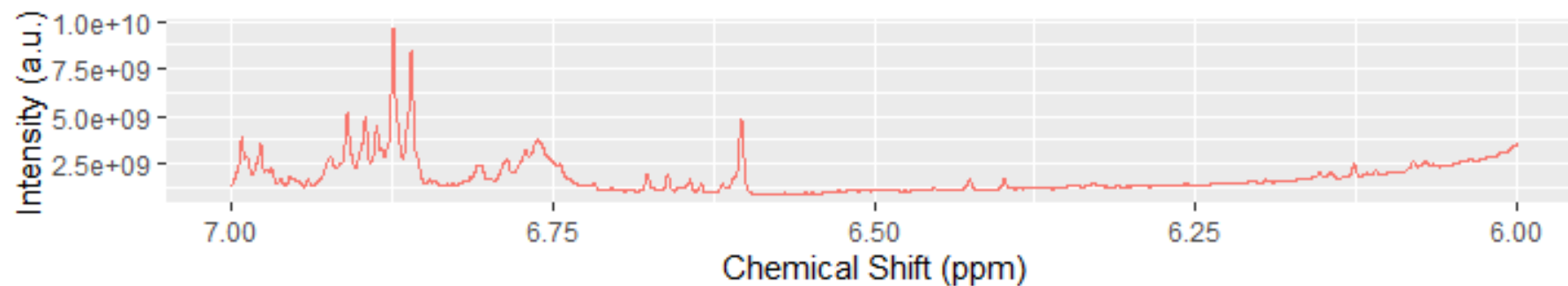
# Chemical shift range: 5.1 to 6.0 ppm



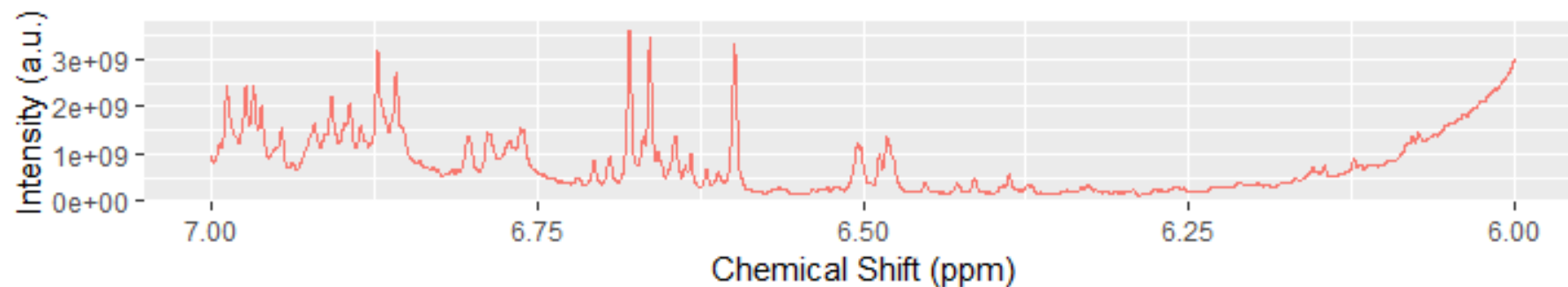
# Chemical shift range: 6.0 to 7.0 ppm



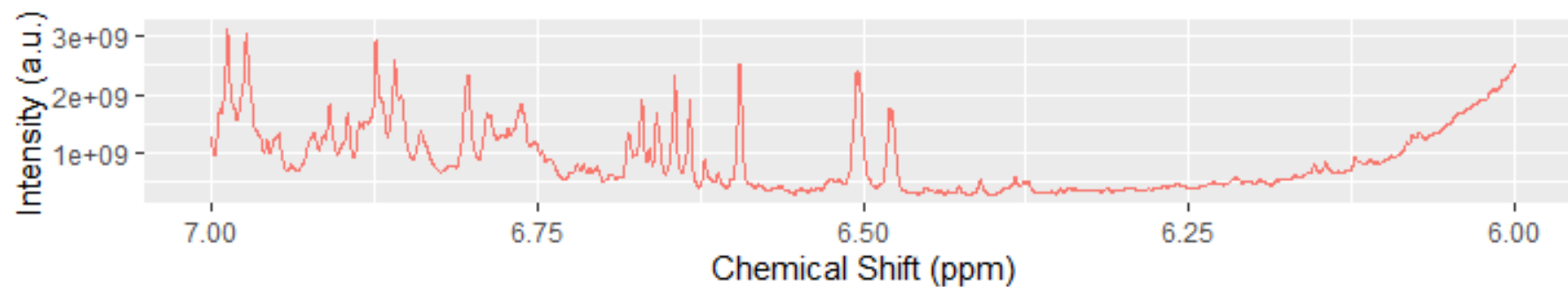
Untrained - preexercise



Untrained - postexercise

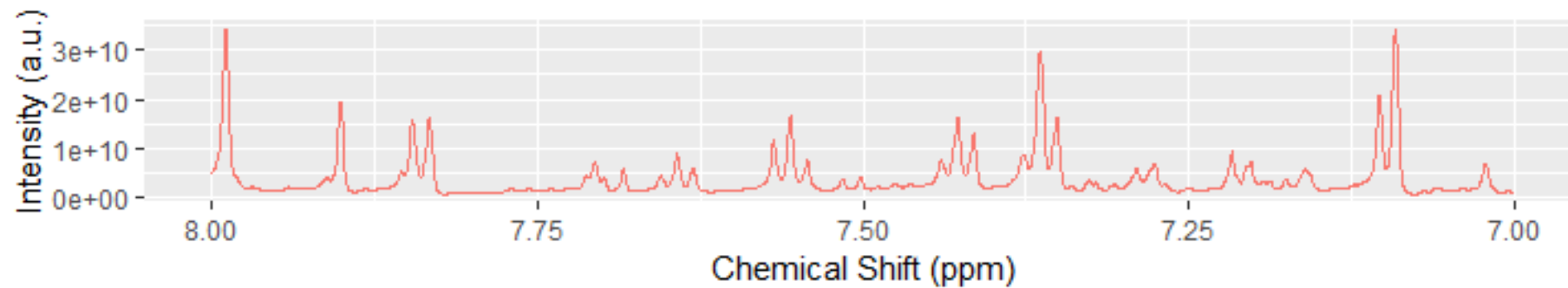


Trained - preexercise

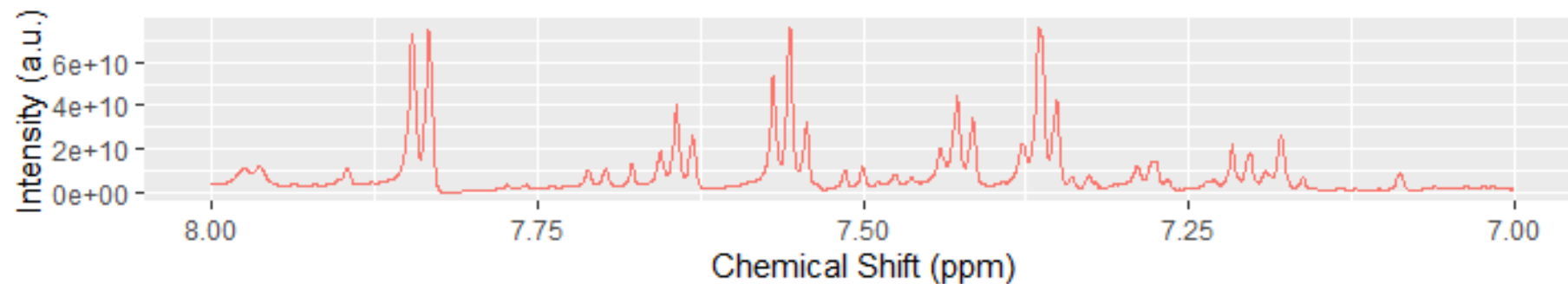


Trained - postexercise

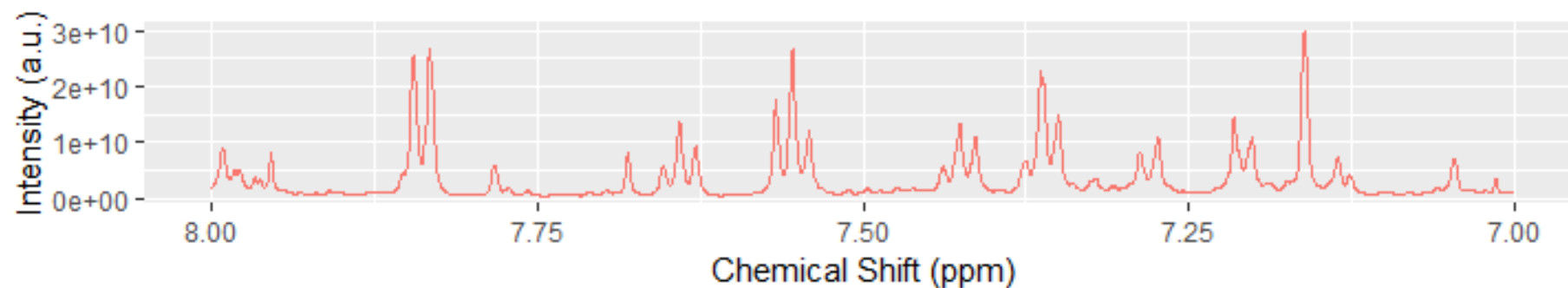
Chemical shift range: 7.0 to 8.0 ppm



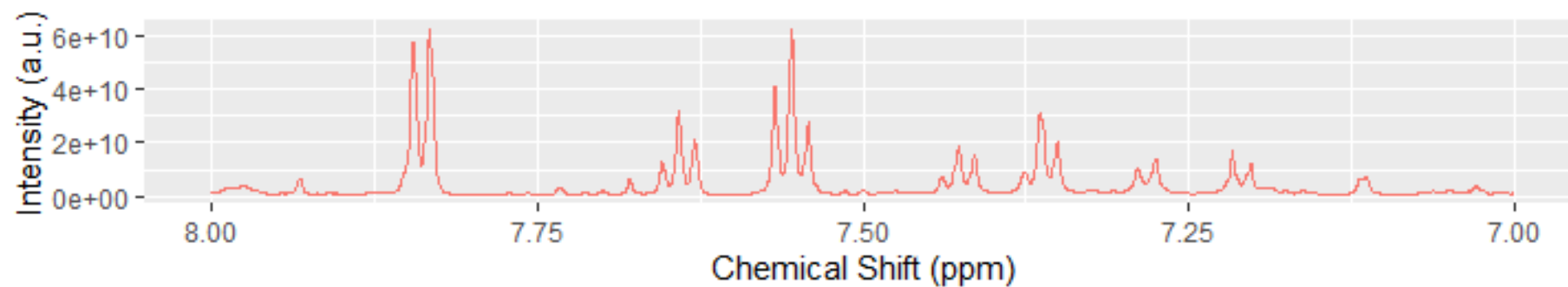
Untrained - preexercise



Untrained - postexercise



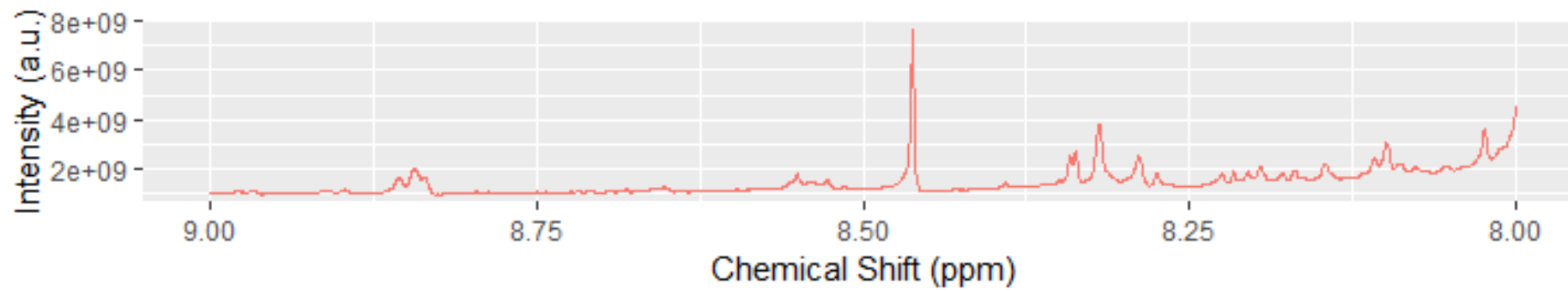
Trained - preexercise



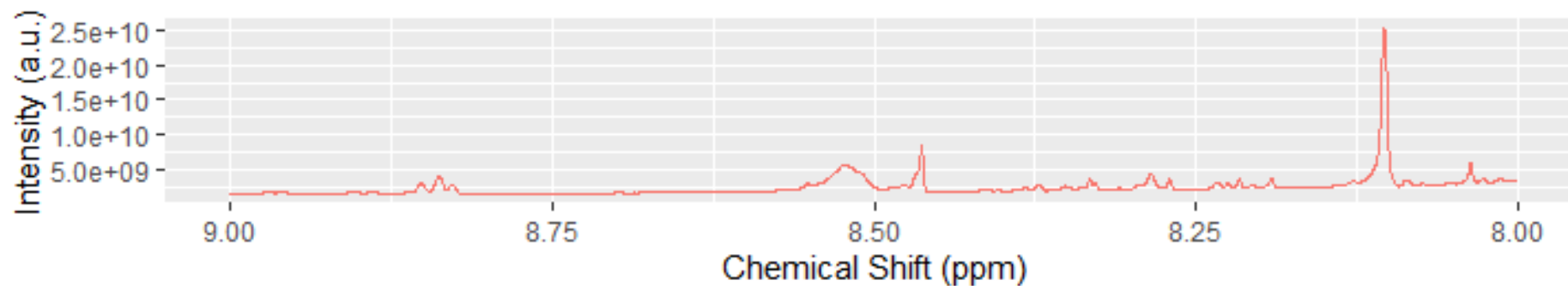
Trained - postexercise



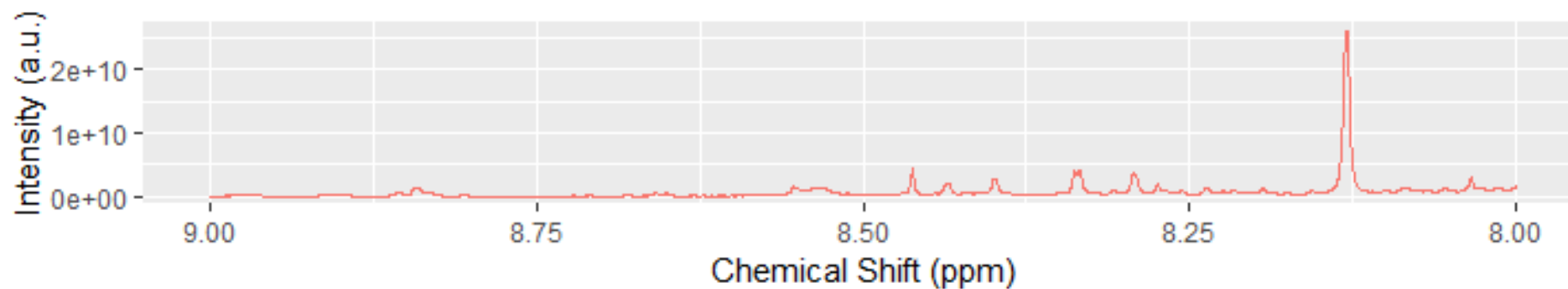
Chemical shift range: 8.0 to 9.0 ppm



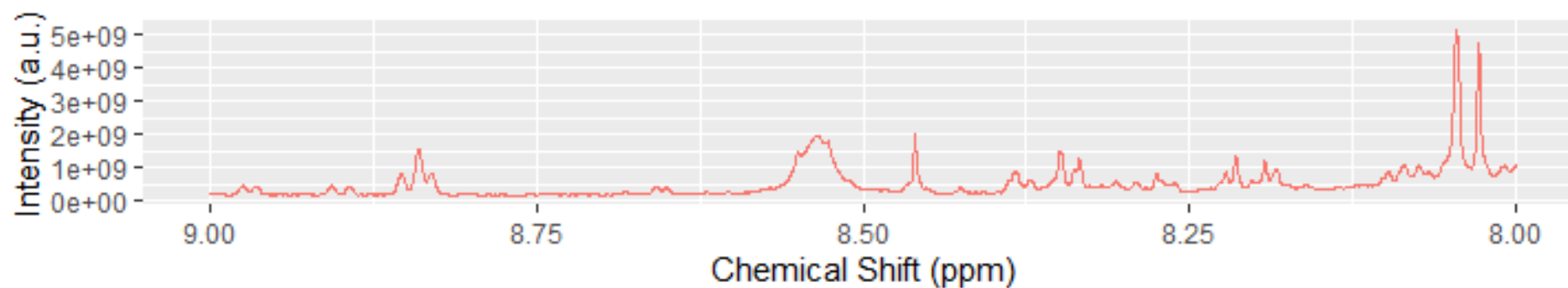
Untrained - preexercise



Untrained - postexercise

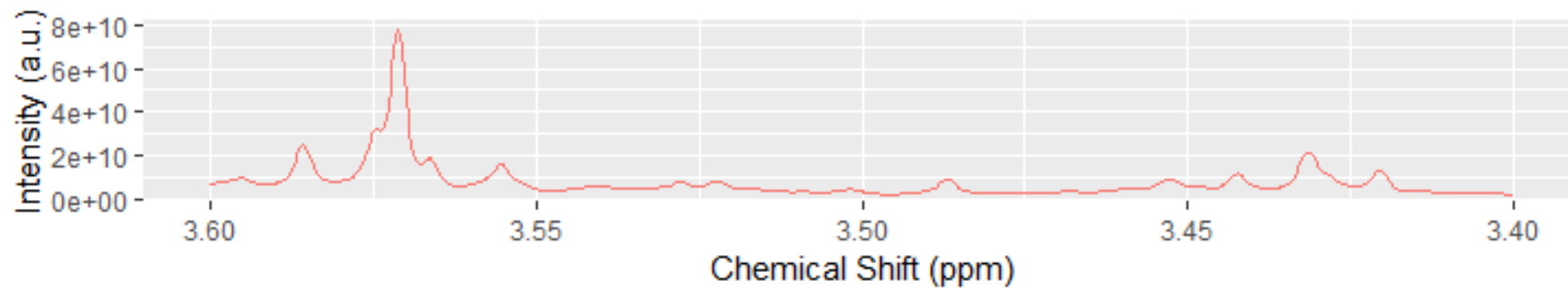


Trained - preexercise

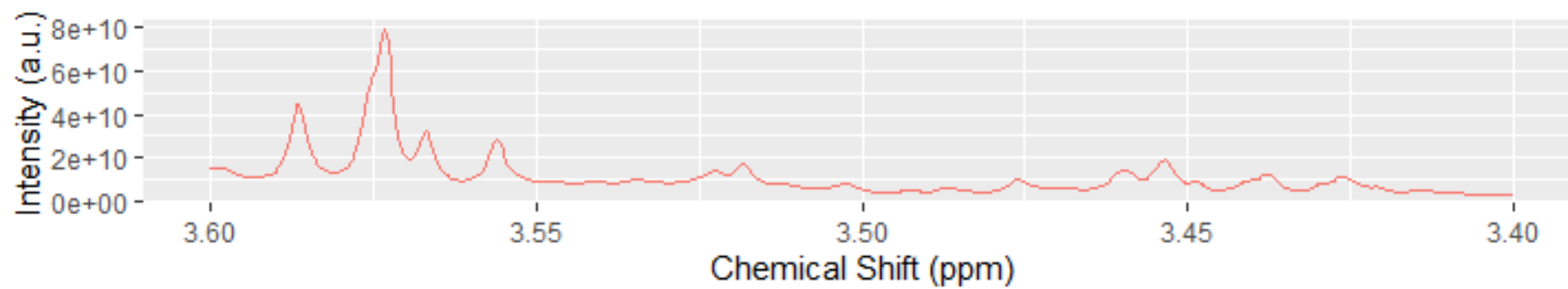


Trained - postexercise

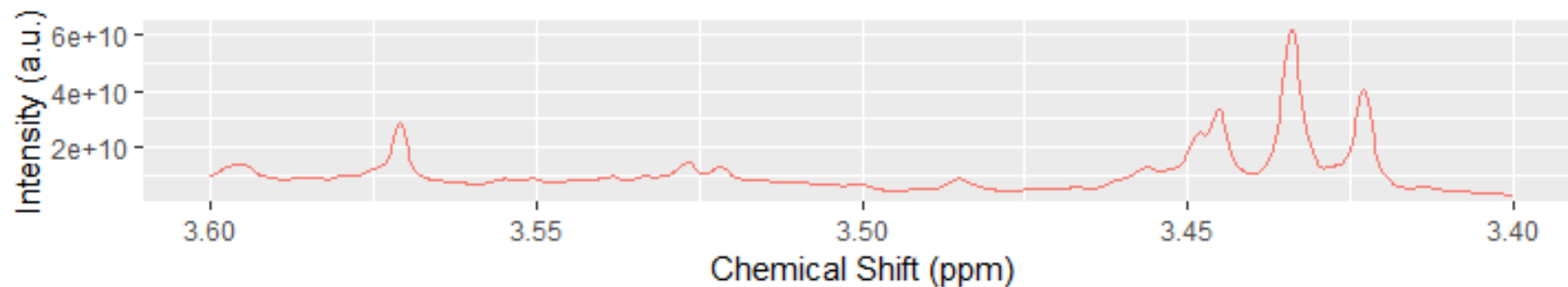
# Chemical shift range: 3.2 to 3.6 ppm



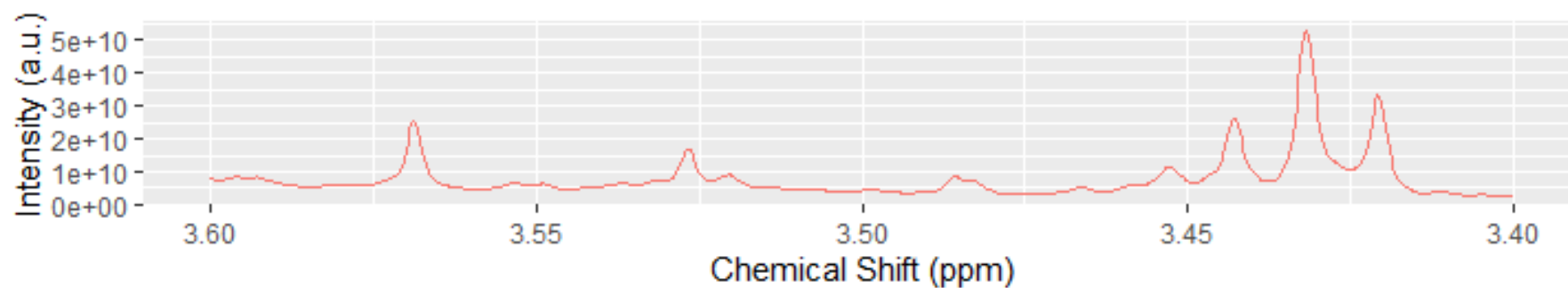
Untrained - preexercise



Untrained - postexercise

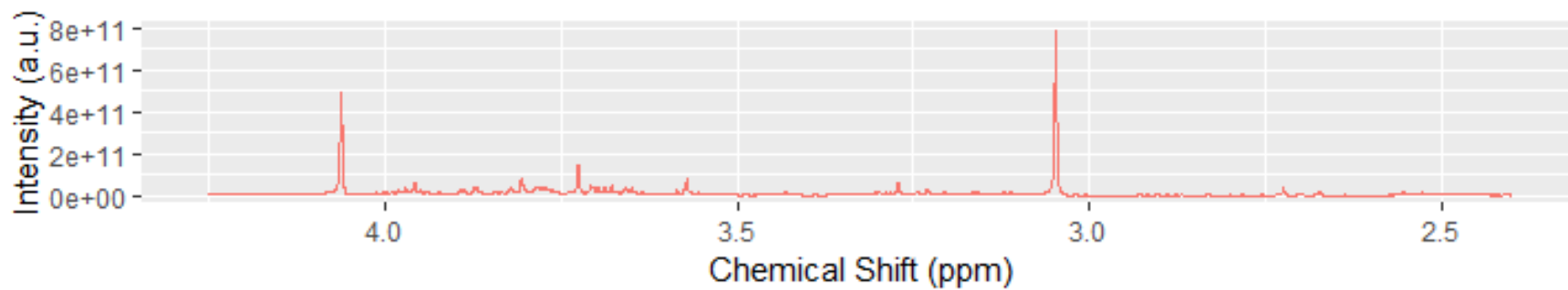


Trained - preexercise

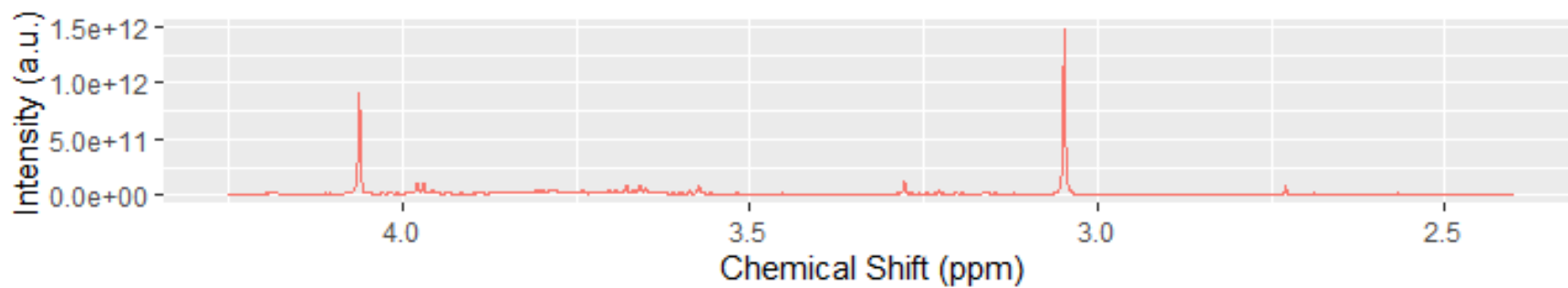


Trained - postexercise

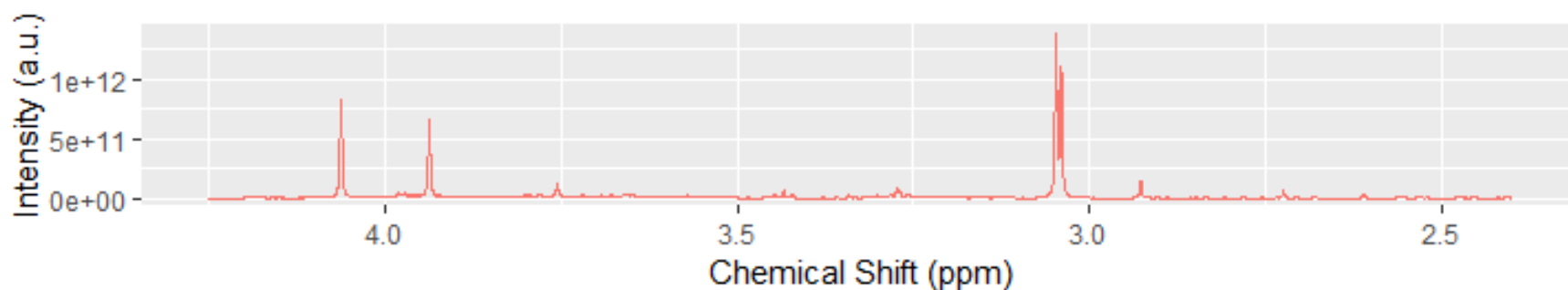
# Chemical shift range: 2.4 to 5.0 ppm



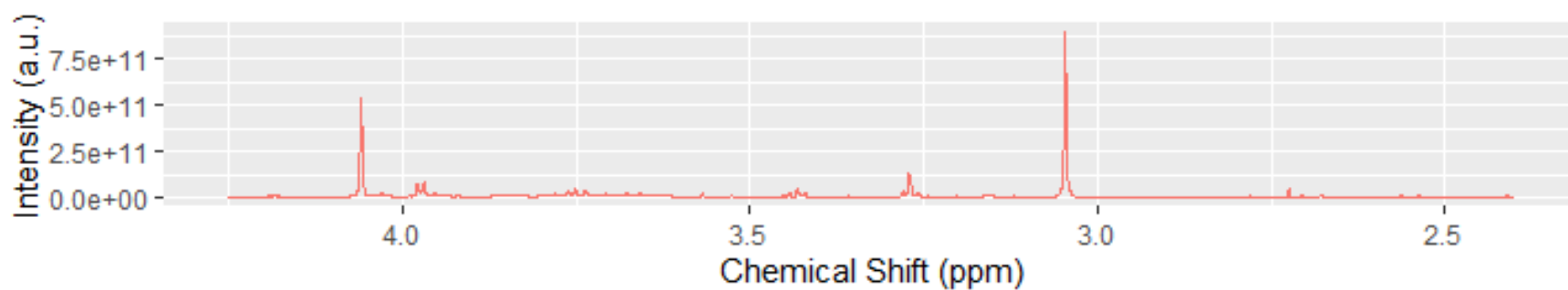
Untrained - preexercise



Untrained - postexercise



Trained - preexercise



Trained - postexercise