



Supplementary Figure S2: Principal component analysis (PCA) of the biomarker and metabolic parameter profiles. (A) PCA scores plot showing the separation of high-fit females at baseline (blue) and post-exercise (orange) and low-fit females at baseline (green) and post-exercise (red) on PC1 and PC2. **(B)** PCA loadings plot showing the biomarker contribution (indicating by cos2) to PC1 and PC2. Small contributions are indicated in turquoise and large contributions are indicated in dark orange.