

**Table S1.** Number of responders and non-responders with respect to the three exercise sessions conducted. Data are presented as the absolute number of responsive and non-responsive subjects for each landmark evaluated.

|                    | 30 Min Exercise Session |               | 45 Min Exercise Session |               | 60 Min Exercise Session |               |
|--------------------|-------------------------|---------------|-------------------------|---------------|-------------------------|---------------|
|                    | Responder               | Non-Responder | Responder               | Non-Responder | Responder               | Non-Responder |
| <b>Ankle left</b>  | 14                      | 22            | 8                       | 28            | 10                      | 26            |
| <b>Ankle right</b> | 14                      | 22            | 11                      | 25            | 8                       | 28            |
| <b>Knee left</b>   | 12                      | 24            | 8                       | 28            | 9                       | 27            |
| <b>Knee right</b>  | 10                      | 26            | 6                       | 30            | 7                       | 29            |
| <b>Elbow left</b>  | 11                      | 25            | 15                      | 21            | 13                      | 23            |
| <b>Elbow right</b> | 13                      | 23            | 11                      | 25            | 6                       | 30            |
| <b>Sternum</b>     | 14                      | 22            | 10                      | 26            | 6                       | 30            |
| <b>Forehead</b>    | 8                       | 28            | 9                       | 27            | 4                       | 32            |