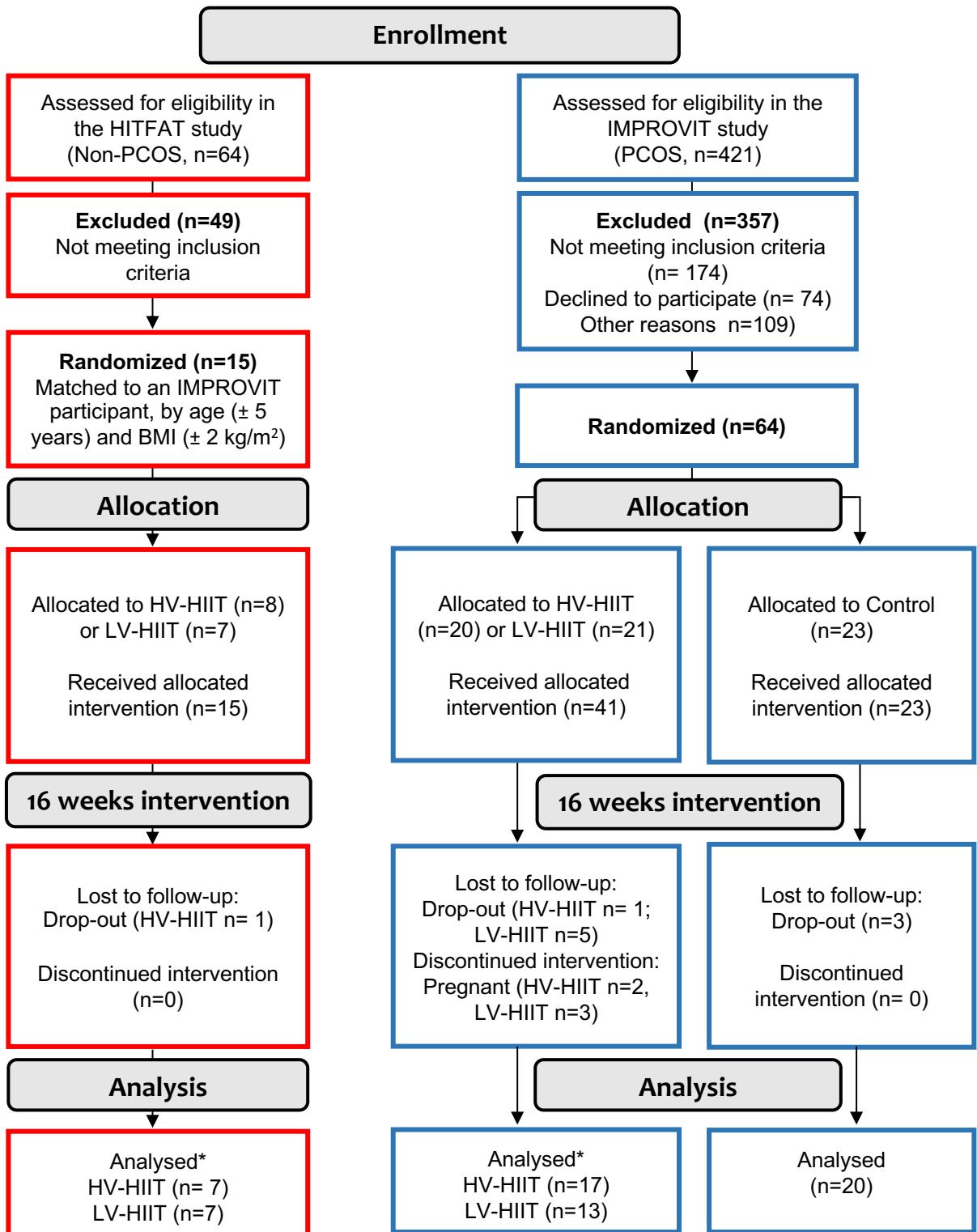


## CONSORT 2010 Flow Diagram



\* Low-volume high-intensity interval training (LV-HIIT) and high-volume high-intensity interval training (HV-HIIT) were pooled in the analysis for both women with and without PCOS to improve statistical power.

**Figure S1:** Participant CONSORT flow diagram.