

Supplementary material

1. Supplementary table

Table S1. Primer sequences used for RT-qPCR.

Gene	Forward primer	Reverse primer
CD163	ATCACAGCATGGCACAGGT	TCCAGATCATCCGTCTTCG
CD206	AAGGTTCCGGTTTGTGGAG	TGCATTGCCCAGTAAGGAG
CD68	CACTTGGCTCTCTCATTCCT	GCTGAGAATGTCCACTGTGCT
CD86	GTCAAGACATGTGTAACCTGCACC	ACGAGCTCACTCGGGCTTAT
GLO1	GAAGATGACGAGACGCAGAGTTAC	CAGGATCTTGAACGAACGCCAGAC
HMBS	TCCTGGCTTTACCATTTGGAG	TGAATTCCAGGTGAGGGAAC
IL-1 β	ACCCAAGCACCTTCTTTTCCTT	TGCAGCTGTCTAATGGGAACAT
NOX4	TCATGGATCTTTGCCTGGAGGGTT	AGGTCTGTGGGAAATGAGCTTGGA
RAGE	CAGGGTCACAGAAACCGG	ATTCAGCTCTGCACGTTCTT
RPL13A	GGATCCCTCCACCCTATGACA	CTGGTACTTCCACCCGACCTC
SOD2	AGCTGCACCACAGCAAGCAC	TCCACCACCCTTAGGGCTCA
TNF- α	CTTATCTACTCCCAGGTTCTCTCAA	GAGACTCCTCCCAGGTACATGG

Primer sequences are given in their 5'-3' orientation. CD163, Cluster of differentiation 163. CD206, Cluster of differentiation 206. CD68, Cluster of differentiation 68. CD86, Cluster of differentiation 86. GLO1, Glyoxalase 1. HMBS, Hydroxymethylbilane synthase. IL-1 β , Interleukin 1 beta. NOX4, Nicotinamide adenine dinucleotide phosphate oxidase 4. RAGE, Receptor for advanced glycation end products. RPL13A, Ribosomal protein L13a. SOD2, Superoxide dismutase 2. TNF- α , Tumor necrosis factor alpha.

2. Supplementary figures

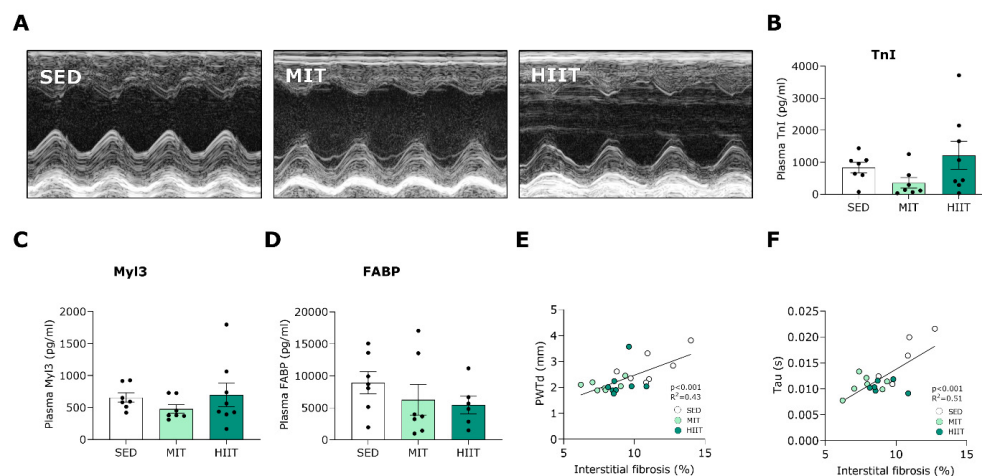


Figure S1. Representative LV echocardiographic images and quantification of cardiac injury biomarker protein levels. (A) Representative echocardiographic images obtained in M-mode, parasternal short-axis view. (B–D) Quantification of cardiac injury marker protein levels of (B) TnI, (C) Myl3 in plasma of SED (n=7), MIT (n=7) and HIIT (n=8) and, (D) FABP in plasma of SED (n=7), MIT (n=7) and HIIT (n=6). (E) Correlation between percentage of LV interstitial fibrosis and PWTd of SED (n=7), MIT (n=7) and HIIT (n=8). (F) Correlation between percentage of LV interstitial fibrosis and Tau of SED (n=5), MIT (n=7) and HIIT (n=6). Data represent mean \pm SEM. FABP, fatty acid binding protein. LV, left ventricular. Myl3, myosin light chain 3. PWTd, posterior wall thickness in diastole. Tau, time constant for isovolumetric relaxation. TnI, troponin I.

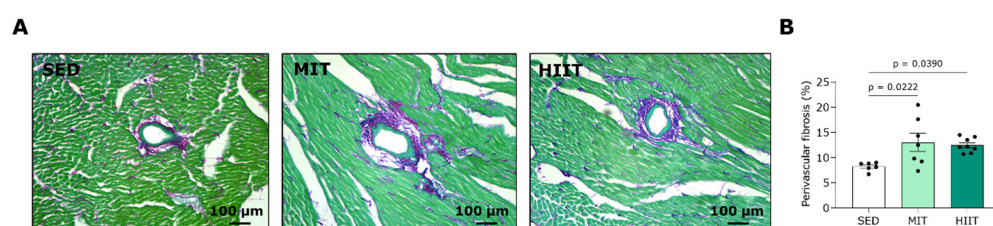


Figure S1. Perivascular fibrosis in LV tissue. (A) Representative pictures of LV tissue stained with Sirius Red/Fast Green, zoomed-in on cardiac blood vessels. Fibrotic tissue is stained purple while cardiac cells are stained green. (B) Quantification of the percentage of perivascular collagen deposition per surface area in LV tissue from SED (n=7), MIT (n=7) and HIIT (n=8).