

MATERIAL SUPLEMENTARIO

Apéndice 1: Lista de las 24 distintas intervenciones incluidas en las 6 revisiones sistemáticas y metaanálisis analizados en el presente manuscrito

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Apéndice 2 (efectos no significativos del HIIT vs MICT sobre variables secundarias)

Estudios	Tipo de variable	Variable	Análisis (HIIT vs MICT)	Intervenciones (n)	Efecto (MD)	Valor <i>p</i>	I ² (%)
Pattyn et al. (2018)	Parámetros cardiorespiratorios	FC recuperación	HIIT ⁺⁺	7	0.42	0.76	50
		OUES	HIIT ⁺	3	73.37	0.36	26
		puv	HIIT ⁺	7	0.73	0.14	44
		pulso de oxígeno	HIIT ⁺	4	0.52	0.22	0
		VE/VCO ₂	HIIT ⁺	5	0.50	0.27	0
	Factores de riesgo cardiovascular	glucosa	HIIT ⁺	3	0.06	0.69	0
		triglicéridos	MICT ⁺	4	0.02	0.77	0
		colesterol LDL	MICT ⁺	4	0.12	0.28	29
		colesterol HDL	-	4	0	0.96	0
		SBP	HIIT ⁺	5	2.67	0.29	27
		DBP	HIIT ⁺	5	0.27	0.48	46
		peso corporal	HIIT ⁺	6	0.67	0.37	0
		FC reposo	HIIT ⁺	8	1.19	0.18	0
Estudios	Tipo de variable	Variable	Análisis (HIIT vs MICT)	Intervenciones (n)	Efecto (MD)	Valor <i>p</i>	I ² (%)
Pattyn et al. (2018)	Función vascular	FMD	HIIT ⁺	3	0.08	0.81	0
	Función cardíaca	FEVI	MICT ⁺	3	0.56	0.57	0

Gomes. Neto et al. (2017)	Calidad de vida	calidad de vida	HIIT+	2	0.07	0.30	0
Elliott et al. (2015)	Factores de riesgo cardiovascular	colesterol HDL	HIIT+	2	0.04	0.1	nse
		SBP	MICT+	3	3.44	0.08	10.65
Pattyn et al. (2014)	Parámetros cardiorespiratorios	VE/VCO ₂	HIIT+	5	1.06	0.19	65
		puv	HIIT+	6	0.35	0.54	87

DBP: presión arterial diastólica; FC: frecuencia cardíaca; FEVI: fracción de eyección del ventrículo izquierdo; FMD: dilatación mediada por flujo; HDL: lipoproteínas de alta densidad; HIIT: entrenamiento por intervalos de alta calidad; I²: heterogeneidad; LDL: lipoproteínas de baja densidad; MD: diferencia de medias; MICT: entrenamiento continuo de moderada intensidad; n: cantidad; nse: no se especifica; OUES: pendiente de eficiencia ventilatoria; puv: primer umbral ventilatorio; SBP: presión arterial sistólica; VE/VCO₂: pendiente de eficiencia ventilatoria; VO₂pico: consumo de oxígeno pico. + Mejoras en comparación al otro PEF. Fuente: elaboración propia.