**Table 1.** Mean (SD) hemodynamic responses determined during rest, exercise and recovery

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Baseline** | **10% MVC** | **15% MVC** | **20% MVC** | **Recovery**  **1 min** | **Recovery 5 min** | ***P* value** | **Partial *ƞ2*** |
| **HR (BPM)** | X | 67 | 75 | 84 | 90 | 79 | 74 | < 0.0001 | 0.746 |
|  | *SD* | *(12)* | *(14)* | *(16)* | *(16)* | *(14)* | *(14)* |  |  |
| **MAP (mmHg)** | X | 86 | 98 | 101 | 106 | 95 | 93 | < 0.0001 | 0.715 |
|  | *SD* | *(5)* | *(9)* | *(8)* | *(7)* | *(5)* | *(6)* |  |  |
| **SBP (mm Hg)** | *X* | 120 | 140 | 147 | 154 | 127 | 124 | < 0.0001 | 0.839 |
|  | *SD* | *(6)* | *(7)* | *(11)* | *(13)* | *(7)* | *(6)* |  |  |
| **cSBP (mm Hg)** | X | 103 | 119 | 121 | 127 | 112 | 109 | < 0.0001 | 0.715 |
|  | *SD* | *(4)* | *(8)* | *(10)* | *(9)* | *(7)* | *(6)* |  |  |
| **DBP (mm Hg)** | X | 76 | 84 | 86 | 92 | 83 | 83 | < 0.0001 | 0.641 |
|  | *SD* | *(4)* | *(7)* | *(7)* | *(7)* | *(5)* | *(5)* |  |  |
| **cPP (mm Hg)** | X | 28 | 34 | 35 | 36 | 28 | 27 | < 0.0001 | 0.569 |
|  | *SD* | *(3)* | *(6)* | *(6)* | *(7)* | *(5)* | *(3)* |  |  |
| **AIx (%)** | X | -3 | -4 | -4 | -3 | -3 | -4 | 0.986 | 0.120 |
|  | *SD* | *(8)* | *(7)* | *(12)* | *(12)* | *(13)* | *(11)* |  |  |
| [**AIx @ 75bpm (%)**](mailto:AI@75bpm) | X | -7 | -4 | -1 | 3 | 0 | -6 | < 0.0001 | 0.273 |
|  | *SD* | *(8)* | *(7)* | *(10)* | *(11)* | *(12)* | *(11)* |  |  |
| **SEVR (%)** | X | 177 | 131 | 118 | 110 | 154 | 167 | < 0.0001 | 0.838 |
|  | *SD* | *(34)* | *(32)* | *(28)* | *(23)* | *(36)* | *(38)* |  |  |
| **DbPr** | X | 6945 | 8902 | 10107 | 11460 | 8907 | 8153 | < 0.0001 | 0.810 |
|  | *SD* | *(1338)* | *(1835)* | *(2038)* | *(2217)* | *(1756)* | *(1827)* |  |  |
| **Pf (mmHg)** | X | 25 | 31 | 31 | 33 | 25 | 24 | < 0.0001 | 0.578 |
|  | *SD* | *(3)* | *(4)* | *(5)* | *(7)* | *(4)* | *(4)* |  |  |
| **Pb (mmHg)** | X | 11 | 13 | 13 | 13 | 11 | 10 | < 0.0001 | 0.311 |
|  | *SD* | *(1)* | *(2)* | *(3)* | *(3)* | *(2)* | *(2)* |  |  |
| **RM (%)** | X | 44 | 41 | 41 | 39 | 45 | 43 | < 0.0001 | 0.308 |
|  | *SD* | *(4)* | *(4)* | *(6)* | *(6)* | *(4)* | *(3)* |  |  |

HR = heart rate; MAP = Mean arterial pressure; cSBP = central systolic blood pressure; DBP = diastolic blood pressure; SBP = systolic blood pressure; cPP = pulse pressure; AIx = Augmentation index; AIx @75 Augmentation index normalised to a heart rate of 75bpm; SEVR = subendocardial viability ratio; DbPr = Double product; Pf = Pressure forwards; Pb = Pressure backwards; RM% = Reflection magnitude; *P* = level of statistical significance for a one way repeated measures ANOVA; X = mean average; SD = Standard deviation