**Table 2.** Reliability data for heart rate and blood pressure responses to rest, exercise and recovery

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** |  | **10% MVIC** |  | **15% MVIC** |  | **20% MVIC** |  | **Recovery 1 min** |  | **Recovery 5 min** |
|  | **ICC** | **SEM** | **SDC** |  | **ICC** | **SEM** | **SDC** |  | **ICC** | **SEM** | **SDC** |  | **ICC** | **SEM** | **SDC** |  | **ICC** | **SEM** | **SDC** |  | **ICC** | **SEM** | **SDC** |
| **HR (beat min-1)** | 0.88 | 4.05 | 11.24 |  | 0.91 | 4.32 | 11.97 |  | 0.93 | 4.29 | 11.89 |  | 0.90 | 5.07 | 14.04 |  | 0.87 | 5.03 | 13.95 |  | 0.91 | 4.11 | 11.39 |
| **MAP (mmHg)** | 0.77 | 2.14 | 5.94 |  | 0.79 | 3.94 | 10.93 |  | 0.75 | 3.94 | 10.93 |  | 0.75 | 3.66 | 10.15 |  | 0.69 | 2.74 | 7.58 |  | 0.62 | 3.57 | 9.90 |
| **SBP (mm Hg)** | 0.82 | 2.4 | 6.7 |  | 0.78 | 3.49 | 9.67 |  | 0.87 | 3.79 | 10.51 |  | 0.79 | 6.01 | 16.67 |  | 0.81 | 3.09 | 8.58 |  | 0.77 | 3.14 | 8.69 |
| **cSBP (mm Hg)** | 0.75 | 2.18 | 6.03 |  | 0.77 | 3.95 | 10.95 |  | 0.74 | 4.96 | 13.74 |  | 0.78 | 4.46 | 12.38 |  | 0.70 | 3.59 | 9.96 |  | 0.69 | 3.30 | 9.14 |
| **DBP (mm Hg)** | 0.79 | 2.04 | 5.67 |  | 0.76 | 3.57 | 9.89 |  | 0.75 | 3.49 | 9.66 |  | 0.75 | 3.45 | 9.57 |  | 0.66 | 2.74 | 7.58 |  | 0.75 | 2.33 | 6.45 |
| **cPP (mm Hg)** | 0.75 | 1.37 | 3.81 |  | 0.75 | 3.02 | 8.38 |  | 0.76 | 3.17 | 8.78 |  | 0.72 | 3.91 | 10.84 |  | 0.67 | 2.62 | 7.28 |  | 0.57 | 2.21 | 6.12 |
| **SEVR (%)** | 0.89 | 11.13 | 30.85 |  | 0.87 | 11.29 | 31.30 |  | 0.88 | 9.57 | 26.53 |  | 0.82 | 9.76 | 27.05 |  | 0.91 | 11.18 | 30.98 |  | 0.92 | 10.65 | 29.52 |
| **DbPr (%)** | 0.89 | 451 | 1252 |  | 0.90 | 588 | 1631 |  | 0.89 | 672 | 1864 |  | 0.87 | 797 | 2209 |  | 0.86 | 652 | 1808 |  | 0.89 | 597 | 1657 |

HR = heart rate; MAP = Mean arterial pressure; cSBP = central systolic blood pressure; DBP diastolic blood pressure; SBP = systolic blood pressure; cPP = pulse pressure; SEVR = subendocardial viability ratio; DbPr = Double product; ICC = Intra-class correlation coefficient; SEM = Standard error of measurement; SDC = smallest detectable change.