Low volume-high intensity interval exercise elicits antioxidant and anti-inflammatory effects in humans

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Figure 1: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

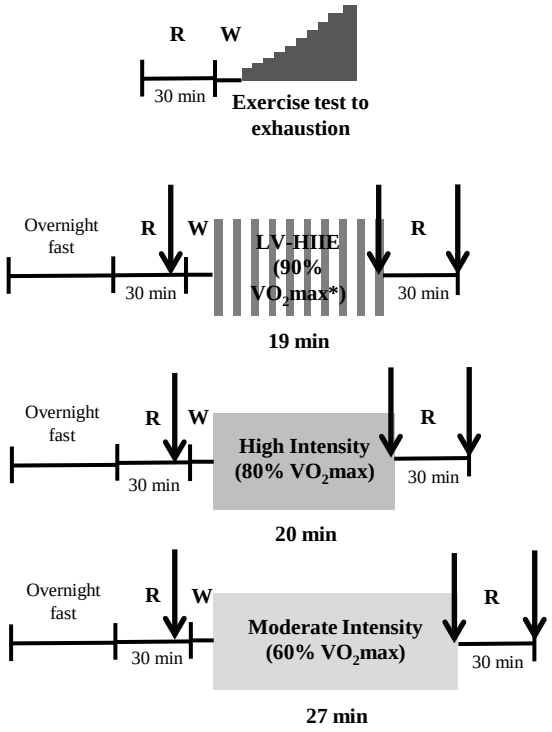

Figure 2: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

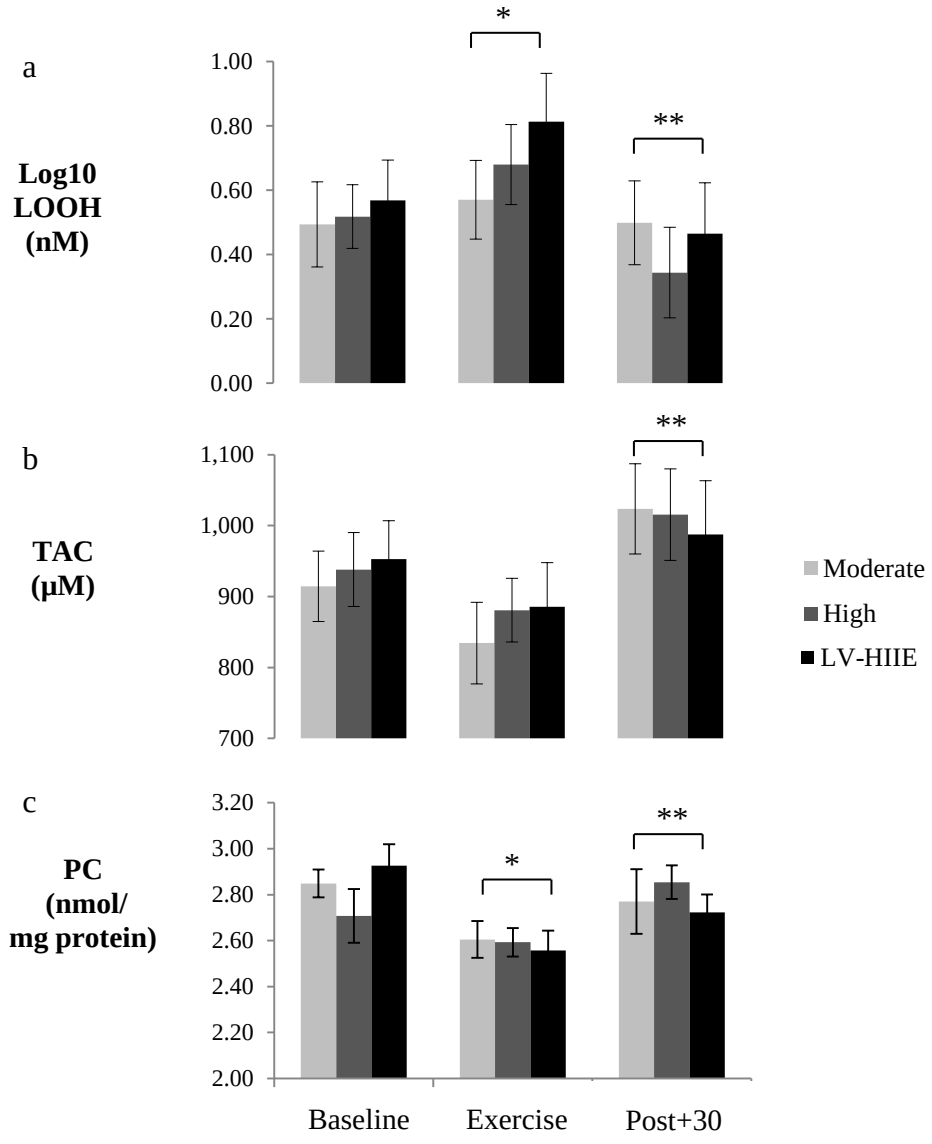

Figure 3: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

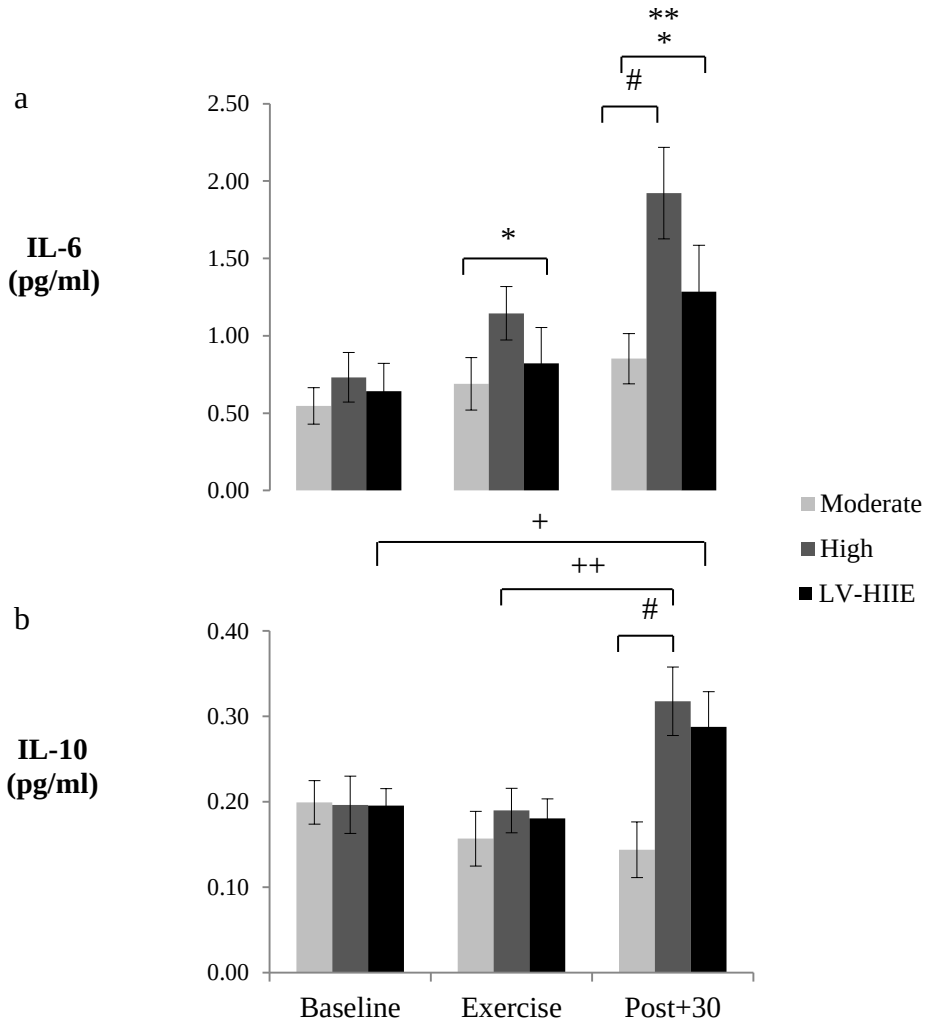

Figure 4: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

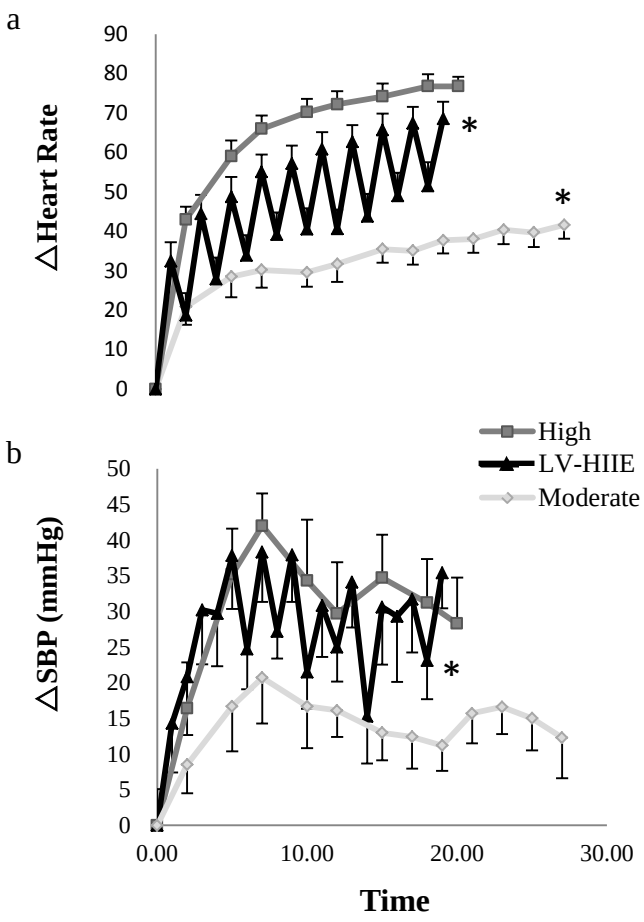

Table 1: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

	Moderate			**High**			**LV-HIIE**		
	Baseline	Exercise	Post+30	Baseline	Exercise	Post+30	Baseline	Exercise	Post+30
Adrenaline (pg/ml)	7.39 (±2.94)	97.57 (±21.64)	20.61 (±9.14)	15.11 (±7.36)	360.29 (±91.53)	52.81 (±16.96)	15.82 (±7.82)	145.73 (±25.27)	66.67 (±18.77)
Lymphocyte Number ($\times 10^9$/cells/L)	1.89 (±0.47)	2.67 (±0.75)	1.67 (±0.35)	1.86 (±0.42)	4.63 (±1.41)	1.78 (±0.39)	1.79 (±0.47)	3.57 (±1.40)	1.62 (±0.38)