

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

Wadley, Alex J; Chen, Yu-Wen; Lip, Gregory Y H; Fisher, James P; Aldred, Sarah

DOI:

[10.1080/02640414.2015.1035666](https://doi.org/10.1080/02640414.2015.1035666)

License:

Other (please specify with Rights Statement)

Document Version

Peer reviewed version

Citation for published version (Harvard):

Wadley, AJ, Chen, Y-W, Lip, GYH, Fisher, JP & Aldred, S 2015, 'Low volume-high intensity interval exercise elicits antioxidant and anti-inflammatory effects in humans', *Journal of Sports Sciences*.
<https://doi.org/10.1080/02640414.2015.1035666>

[Link to publication on Research at Birmingham portal](#)

Publisher Rights Statement:

This material is a component of an Accepted Manuscript of an article published by Taylor & Francis in *Journal of Sports Sciences* on 27/04/2015, available online: <http://www.tandfonline.com/10.1080/02640414.2015.1035666>

Checked September 2015

General rights

Unless a licence is specified above, all rights (including copyright and moral rights) in this document are retained by the authors and/or the copyright holders. The express permission of the copyright holder must be obtained for any use of this material other than for purposes permitted by law.

- Users may freely distribute the URL that is used to identify this publication.
- Users may download and/or print one copy of the publication from the University of Birmingham research portal for the purpose of private study or non-commercial research.
- User may use extracts from the document in line with the concept of 'fair dealing' under the Copyright, Designs and Patents Act 1988 (?)
- Users may not further distribute the material nor use it for the purposes of commercial gain.

Where a licence is displayed above, please note the terms and conditions of the licence govern your use of this document.

When citing, please reference the published version.

Take down policy

While the University of Birmingham exercises care and attention in making items available there are rare occasions when an item has been uploaded in error or has been deemed to be commercially or otherwise sensitive.

If you believe that this is the case for this document, please contact UBIRA@lists.bham.ac.uk providing details and we will remove access to the work immediately and investigate.

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

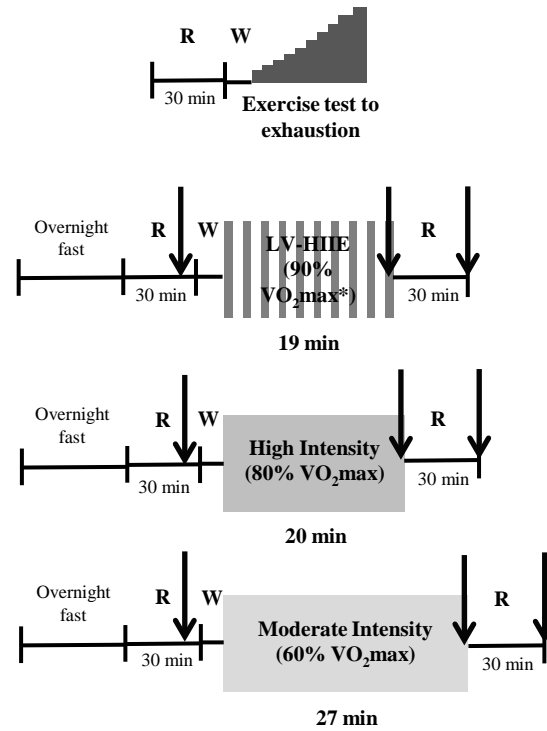


Figure 2: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

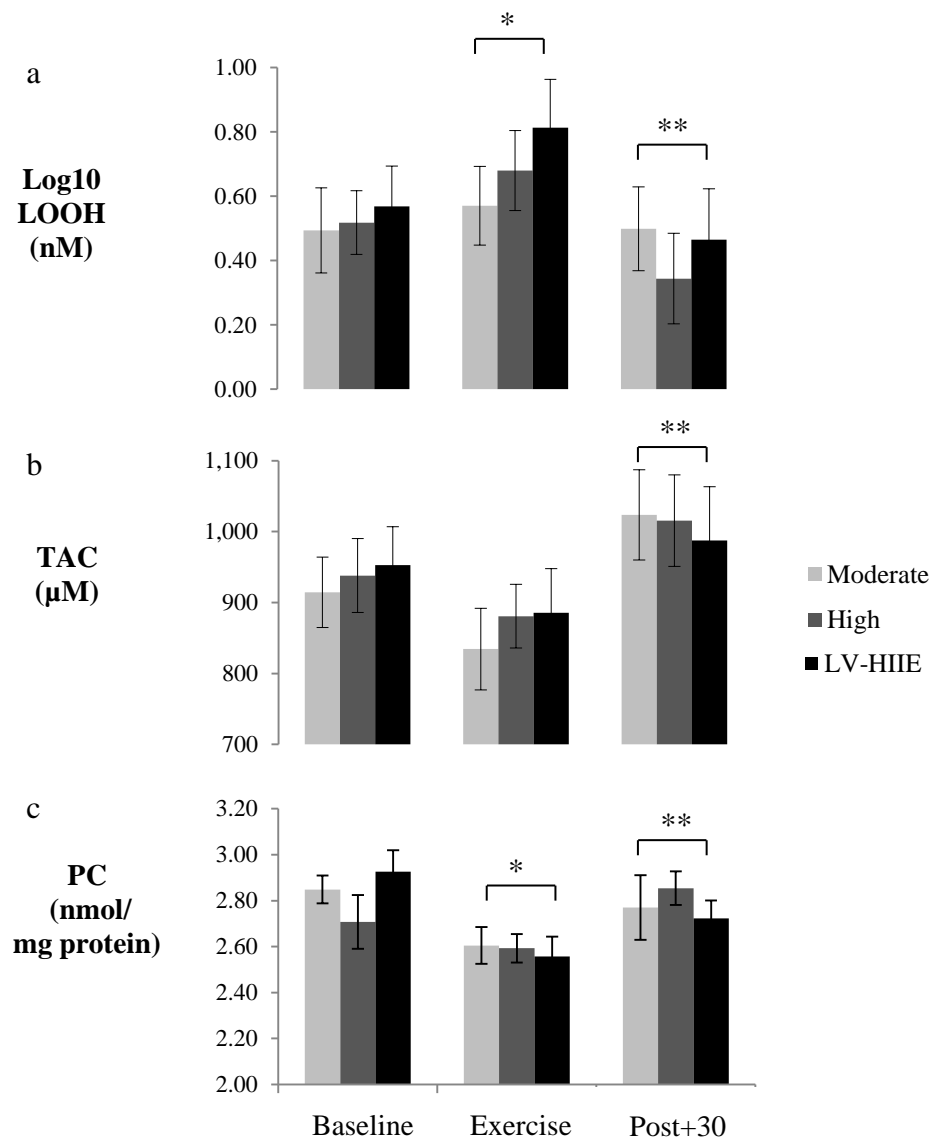


Figure 3: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

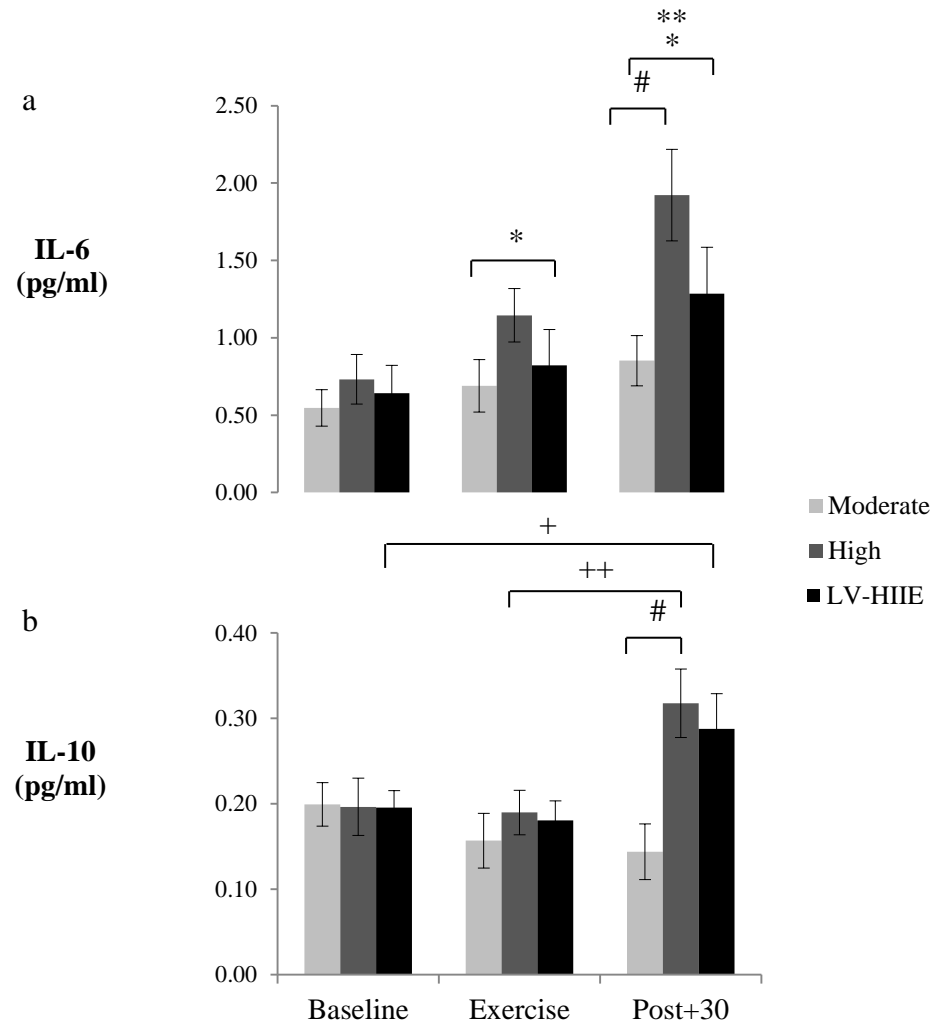


Figure 4: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

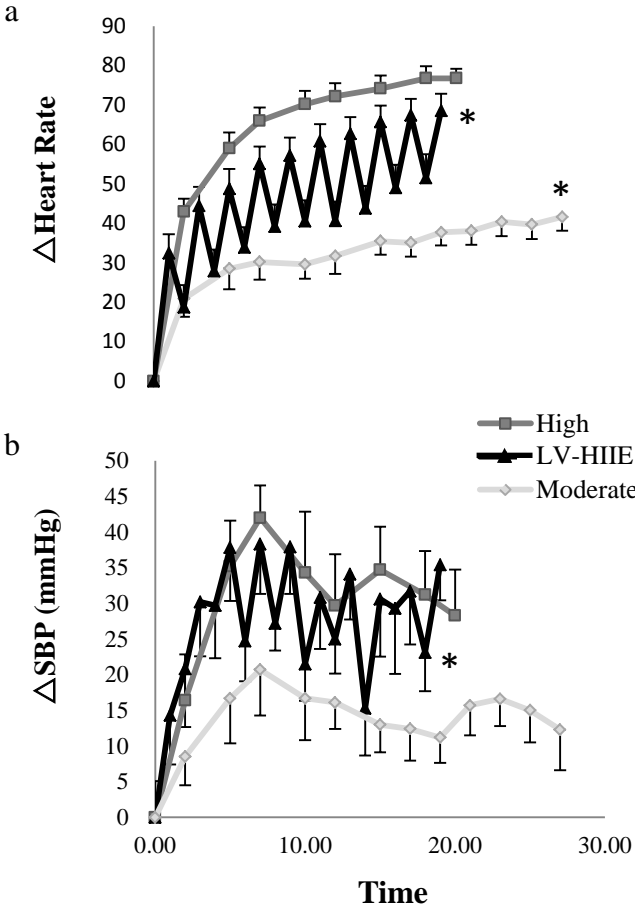


Table 1: Wadley et al, 2014. Oxidative stress responses to LV-HIIE

	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 (×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)