FIGURE LEGENDS AND FIGURES

**Figure 1:** Alterations in body weight as a result of treatment. *Combined group post-training values are significantly different than combined group pre-training values, p<0.05.

**Figure 2:** Alterations in body BMI from the pre-treatment to the post-treatment period. *Combined group post-training values are significantly different than combined group pre-training values, p<0.05.

**Figure 3:** Changes in the activity of HADH activity as a result of treatment. *Combined group post-training values are significantly different than combined group pre-training values, p<0.05.

# Trend for differences between the HIIT and MIT groups over time, p<0.055.