To interpret the three-way ANOVA:
Meno × Trg × LBNP/Ex

Three-way interaction
Meno × Trg × LBNP/Ex

Two-way interaction:
Meno × Trg

Two-way interaction:
Meno × LBNP/Ex

Two-way interaction:
Trg × LBNP/Ex

Main effect:
Meno

Main effect:
Trg

Main effect:
LBNP/Ex

Group data across Trg and Meno levels

Post hoc t-test on Δ with Trg
Pre-M vs Post-M:
Before Trg
After Trg

Group data across Trg levels
Pre-M vs Post-M

Group data across Trg levels
Before vs After Trg

Group data across Meno levels
Before vs After Trg

Figure S1: Flowchart to interpret the three-way ANOVA. The interaction and main effects of the three-way ANOVA were addressed based on their importance to our research question, which was to investigate the impact of the menopause (M/Meno) on left ventricular function and mechanics. Thus, all of the three-way ANOVA outputs that included the menopause were addressed first. Data were grouped across non-significant factors (i.e. if $P > 0.05$) to reduce complexity and aid interpretation. Graphs were used to visualise the data and to identify the source of statistically significant differences.