

TABLE S1: Peak left ventricular (LV) mechanics during lower body negative pressure (LBNP) and supine cycling.

LV mechanics	LBNP (mmHg)			Exercise intensity (%)			
	0	-15	-30	0	20	40	60
<i>Systolic peaks</i>							
Twist (deg)	17.9 (4.5)	16.6 (4.5)	17.0 (4.0)	16.0 (4.7)	20.2 (4.8) †	23.3 (6.2) ††	24.9 (6.7) ††
Twisting velocity (deg/s)	99 (20)	98 (20)	104 (19)	88 (16)	112 (26) †	143 (37) ††	185 (44) ††§
<i>Basal mechanics</i>							
Rotation (deg)	-6.2 (2.7)	-5.6 (3.3)	-5.5 (2.7)	-5.6 (2.4)	-6.2 (3.8)	-7.6 (4.2) †	-9.1 (4.4) ††
Rotational velocity (deg/s)	-54 (17)	-51 (14)	-53 (16)	-46 (11)	-62 (17) †	-84 (33) ††	-118 (38) ††§
<i>Apical mechanics</i>							
Rotation (deg)	12.4 (4.5)	11.8 (4.8)	12.5 (4.5)	11.0 (3.9)	14.7 (5.0) †	16.6 (5.3) ††	17.0 (5.4) ††
Rotational velocity (deg/s)	60 (20)	57 (22)	63 (17)	49 (13)	79 (26) †	105 (37) ††	127 (37) ††§
<i>Diastolic peaks</i>							
Untwisting velocity (deg/s)	-102 (33)	-91 (26)	-88 (22)	-93 (28)	-143 (34) †	-181 (54) ††	-223 (65) ††§
<i>Basal mechanics</i>							
Rotational velocity (deg/s)	60 (19)	54 (18)	56 (19)	55 (16)	67 (23) †	86 (23) ††	103 (36) ††§
<i>Apical mechanics</i>							
Rotational velocity (deg/s)	-61 (26)	-54 (21)	-59 (23)	-55 (23)	-92 (31) †	-116 (42) ††	-145 (50) ††§

Values are in mean (standard deviation). Data in pre- and post-menopausal women before and after exercise training were grouped together to show the main effects of LBNP (effective $n = 38$) and supine cycling (effective $n = 36$). † $P < 0.05$ compared with 0% exercise intensity. †† $P < 0.05$ compared with 20% exercise intensity. § $P < 0.5$ compared with 40% exercise intensity.