



FIGURE S4: (A) Peak twisting velocity (vel), and peak diastolic (B) basal and (C) apical rotational velocity (rot vel) in response to supine cycling (Ex) before and after exercise training (Trg). As there was no evidence of any effects related to the menopause ($P > 0.05$), data in pre- and post-menopausal women were grouped together (effective $n = 18$) to show the effects of Ex and Trg. Values are mean \pm standard error of the change from rest. * $P < 0.05$ following exercise training.