

Table for *Muñoz, E.* Vigorous and High Intensity Training with an Anti-Gravity Treadmill.

	Group	Pre	Post	P
Weight (kg)	1	77.9 ± 18.0	76.0 ± 17.6	0.001
	2	77.9 ± 12.8	77.5 ± 12.6	NS
Peak VO ₂ (L·min ⁻¹)	1	2.9 ± 0.6	3.2 ± 0.7	0.048
	2	3.7 ± 0.8	3.8 ± 0.8	NS
Peak VO ₂ (ml·kg ⁻¹ ·min ⁻¹)	1	38.2 ± 9.4	41.8 ± 10.8	NS
	2	46.5 ± 2.8	48.7 ± 3.0	NS
%BF	1	19.6 ± 5.5	19.0 ± 5.7	0.027
	2	17.3 ± 2.7	15.3 ± 3.6	NS
BMI	1	27.2 ± 4.8	26.6 ± 4.7	0.006
	2	25.9 ± 2.1	25.7 ± 2.0	NS