

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 |