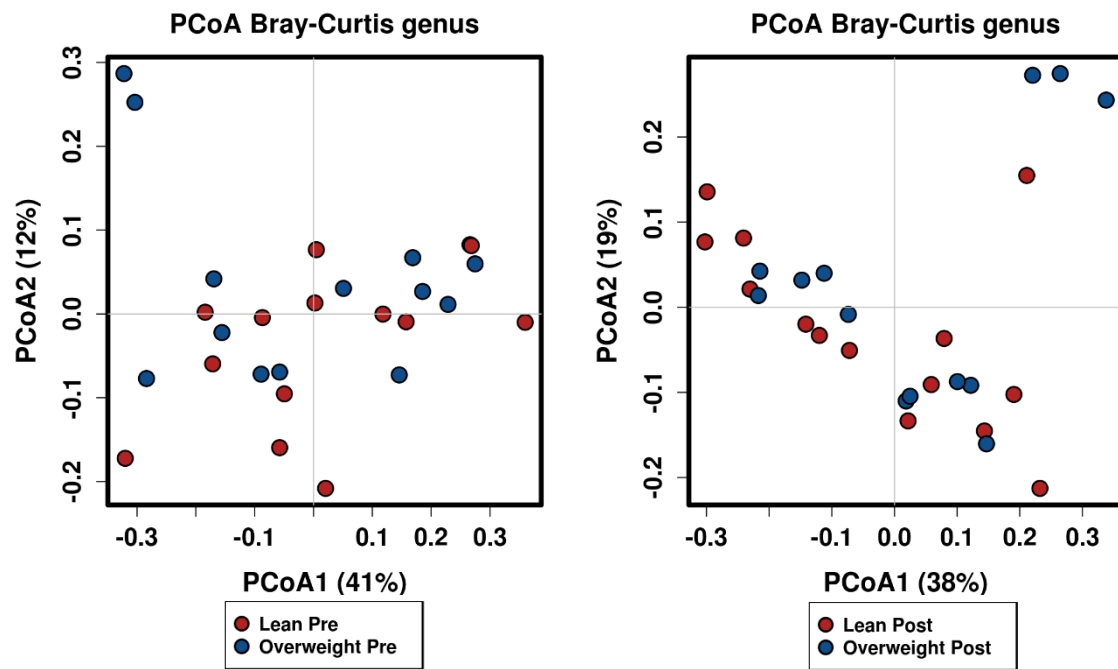
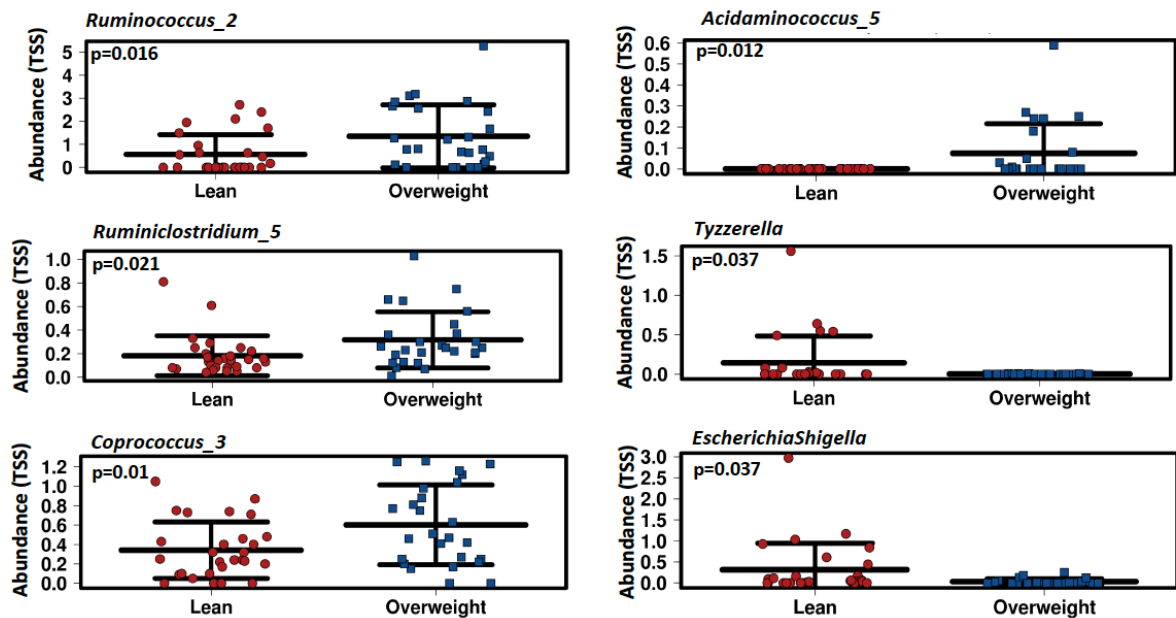


Supplementary Figure 1. Individual participant microbiome composition at baseline (B; pre-HIIT) or following (P, Post-HIIT) high intensity interval training (HIIT).



Supplementary Figure 2. Faecal microbiome Bray-Curtis genus level principal coordinate analysis (PCoA) for participants calculated separately before (pre) and following (post) 3 weeks of high intensity internal training (HIIT).



Supplementary Figure 3. ANOVA stripchart plots of taxa identified by LEfSe ($p < 0.05$) analysis between the lean and overweight groups.