

Manual of Procedures FLADEX project

MOP Chapter 2.1: Familiarization









Chapter 2.1. Familiarization

Index

1.	Intro	duction	2
2.	Requi	ired materials	2
3.	Work	flow	2
	3.1 F	Pre-test procedures	2
	3.2	Test procedures	3
	3.2.1	Participant information sheet and informed consent	3
	3.2.2.	MoCA	3
	3.2.3	Heart rate (resting and maximal) and blood pressure measurement:	3
	3.2.4	Medical information and medication	4
	3.2.5	MRI Quest	4
	3.2.6	Blood Baseline Quest	4
	3.2.7	Anthropometry	4
	3.2.9	Familiarization of physical condition	5
	3.3 F	Post-Test Procedures	7
4.	Grap	hic workflow	8
5.	Anne	xes	. 11





1. Introduction

This MOP chapter describes the workflow and the sequence of tasks to be performed during the familiarization session. This session includes providing participants with the information sheet and informed consent, measuring blood pressure, administering the Montreal Cognitive Assessment (MoCA) cognitive test, and completing few questionnaires: Medical Information, MRI and Blood Baseline questionnaire. Additionally, the session involves taking anthropometric measurements and testing the two exercise conditions. The person in charge of each evaluation or measurement will fill the information in REDCap directly, through a tablet. Familiarization will take place at IMUDS and a maximum of 12 participants will be assessed per day. To perform the familiarization session, 1 project coordinator for ethical consent, 1 MoCA evaluator, and 3 trainers will be needed. One room is required for the project information and informed consent, three rooms are required for all questionnaires, one additional room for the MoCA, the room of anthropometry and a space in the gym for both exercise conditions.

2. Required materials

- Information sheet and informed consent (x12, paper). Annex 1.2 Information sheet. Annex 1.3 Informed consent
- Blood pressure monitor (x1).
- MoCA material (x12, paper). Annex.5.1.MoCA_Record, Annex 5.2.MoCA_Identification and Annex.5.3.MoCA Manual.
- Tablets (x3).
- Polar Material: HR bands (x12), Polar watches (x12), Polar chips (x12).
- Medical information questionnaire (x12, Tablet).
- MRI questionnaire (x12, paper). Annex7.2.MRI compatibility questionnaire.
- Blood Baseline questionnaire (x12, tablet). Annex 6.2. RedCap data forms.
- Stadiometer (x1).
- Weight scale (x1).
- Tape measure (x1).
- Elastic bands (x12).
- Static bike (x2).
- Staff $(x5) \rightarrow$ Trainers (x3) + MoCA Evaluator (x1) + Project Coordinator (x1)
- Rooms (x5) → Space for Questionnaires (x3) + MoCA room (x1) + Anthropometry (x1)
- Gym (x1)

3. Workflow

3.1 Pre-test procedures

The following instructions must be considered before familiarization session:





• Send session procedures to participants 1 week before, and 1 day before as a reminder (Anexx A. 2.1 Standard Messages):

"¡Hola! ¿Qué tal está? Le escribimos para recordarle que nos vemos el próximo (X) día (X) a las (X) en IMUDS (Instituto mixto universitario de deporte y salud). En la sesión habrá preguntas sobre los **medicamentos** que toma, así que, por favor, traiga la información necesaria para poder responder. Por otro lado, si para leer utilizas **gafas** tráelas para poder leer y completar los cuestionarios. Habrá ejercicio así que hay que venir con **ropa deportiva**. Cualquier duda no dude en contactar con nosotros□ ¡Un abrazo!"

- Staff must be ready 15 min before participant's appointment.
- Arrangements for exercise conditions must be prepared 30 minutes before the exercise session.

3.2 Test procedures

The person in charge of each part of the familiarization will fill the information in REDCap in the corresponding instrument in the moment of each evaluation or measurement.

3.2.1 Participant information sheet and informed consent.

This task lasts 20 min and is performed by the project coordinator with the following steps:

- Inform participants about project's characteristics and potential consequences making sure that everything is clear for them. Participants will receive an information sheet that includes all project features (specifically, Annex 1. Ethics committee and insurance). This is the moment for the participant to ask about any question related to the project.
- Provide participants with the informed consent form (i.e., Annex 1.2 Informed Consent), and ensure it is fully completed and signed.

3.2.2. MoCA

The MoCA is used to describe general cognition, not for participant screening. The MoCA will be performed for the same evaluator at every assessment. Full description of MoCA assessment is detailed in the following documents:

- MoCA general procedures: see *Chapter 5.1. Cognitive_test*
- MoCA's manual: see *Annex 5.3.MoCA_Manual, Annex 5.1.MoCA_Record, Annex 5.2.MoCA_Identification*

3.2.3 Heart rate (resting and maximal) and blood pressure measurement:

To measure the heart rate resting and blood pressure, the participant must move upstairs to the stretcher of the Lab 1. The participant should have been relaxed approximately 5 minutes.





Then, in the Polar app the trainer should start an activity for 5 minutes. The mean heart rate of the 5 minutes will be the resting heart rate that we will use for the conditions.

Additionally, blood pressure will be measured with a blood pressure monitor twice with one-minute rest between measurements. Blood pressure will be always always taken on the left arm. The mean systolic and diastolic blood pressures will be recorded. Both measures of heart rate and blood pressure will be registered while the participant lays on the stretcher. To calculate the maximal heart rate, we will use the formula: 220 – participant's age.

All the information will be recorded directly in the instrument of REDCap titled Familiarization.

3.2.4 Medical information and medication

We must fill out the REDCap instrument about the medical information and medication. The name of the instrument is "Medical records", the instrument records the medicaments per categories and the dosis.

- Questionnaire of the medical information and medication: see "Chapter 5.2. Questionnaires".

3.2.5 MRI Quest

We must fill out the questionnaire of compatibility with the MRI. It is impressed in paper and completed with a pen.

- Questionnaire of the MRI compatibility: see "Annex7.2MRI_compatibility_questionnaire"

3.2.6 Blood Baseline Quest

This questionnaire must be completed directly in the REDCap instrument, it is called Blood Baseline Quest, the aim is to collect some general information regarding sex/gender, blood, symptoms, and blood draws.

- Questionnaire about blood: see "Annex 6.2. RedCap data forms".

Questionnaires CHECK

At this point you have to fill this instrument called Questionnaires CHECK to make sure that the participants have completed all the previous questionnaires.

3.2.7 Anthropometry

In the instrument called Familiarization must be recorded all the information of the anthropometry evaluations.





• Height measurement:

Participants must stand with their feet together in a V-shape, against the wall of the stadiometer. A natural upright position must be maintained during the measurement. The measure will be taken twice. It should be performed wearing comfortable and light clothing, and without footwear. The participant will stand on the scale with an integrated stadiometer, facing away from it. The researcher will position the participant's head so that the Frankfurt plane, which connects the lower edge of the eye orbit to the upper edge of the external auditory meatus, is horizontal, with feet together, knees extended, heels, buttocks, and back in contact with the vertical piece of the measuring instrument (Figure 1). The arms will remain extended along the sides with the palms of the hands facing towards the thighs. The horizontal piece and the movable part of the stadiometer will be lowered until contacting the participant's head, lightly pressing the hair. The nearest whole unit indicated by the stadiometer will be recorded, with an approximation of 1 mm. For example, a result of 157.3 cm will be recorded as 157.3.

Plano de Frankfort

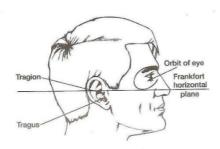


Figure 1. Frankfort plane.

• Weight measurement:

The participant should wear comfortable and light clothing. It will be performed twice. Place the participant on the scale, barefoot, without being able to lean on anything, and always keeping their gaze forward. Record the nearest whole unit displayed on the scale's marker, with an approximation of 100 g. For example, a result of 58 kg will be recorded as 58.0. It is important to remind the participant to always wear the same clothing whenever weight measurement is to be taken.

Hip height measurement:

Participants must maintain a natural position. This measure is to select the height of the static bike. The tape must be used to measure the distance from the trochanter to the ground.

3.2.9 Familiarization of physical condition

At this point the trainer must introduce the data of heart rate, height, hip height and weight into REDCap. Also, the trainer must create the "player" in the Polar teams and in two different tablets.





- The guide to configure the Polar App: see information in: "Chapter 8. Intervention protocol" (3.3 Polar Configuration).

During the condition A and B, some information must be registered in the instrument of REDCap called Familiarization, that are the Feeling Scale Pre and Post, the RPE and Mental Fatigue of both conditions and the color of the Elastic Bands for the proper stimulation.

• Condition A (Aerobic training):

The exercise will be performed during 8 minutes in a static bike. The intensity target will be a continuous moderate intensity at the 60%-70% of the heart rate max and a 4-6 in the RPE scale.

The 60% and 70% heart rate max will be automatically calculated by REDCap with the blood pressure and resting heart rate measured recorded previously during this familiarization session, with the formula:

$$220 - age = HrMax \rightarrow 70\%HrMax = 0.7 * HrMax ; 60\%HrMax = 0.6 * HrMax$$

After the condition, the participant will be asked about the RPE and Mental Fatigue,

- To see the questions of the RPE and Mental Fatigue see:
- "8. Exercise intervention\Annex 8.1. Questions"
- The guide of the protocol of aerobic exercise:
- "8. Exercise intervention\Chapter 8. Intervention protocol" (5.2 Aerobic training condition (A))

• Condition B (Resistance training):

Eight different exercises will be performed with a duration of 40 seconds of work and 20-second of rest between each exercise, while a one-minute break will be taken between each set. In total, one set will be completed. The exercises will be conducted in circuit (Figure 2).

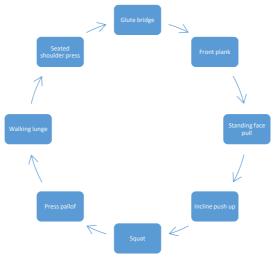


Figure 2. Circuit training exercises.





The elastic bands to be used are the Theraband, which can be seen in Figure 3. The elastic bands are available in 8 different colors that correspond to different intensities, the colors from lowest to highest, correspond to: Beig-Extra Soft, Yellow-Soft, Red-Medium, Green-Strong, Blue-Extra Strong, Black-Strong Special, Silver-Athletic, Gold-Olympic.



Figure 3. Theraband elastic bands.

The speed of execution of the different exercises has been proposed as another measure to control the intensity and adaptations that occur at the muscular level, using the maximum speed of execution, demonstrating its benefits in older people. To do this, a fast and controlled execution speed (3" eccentric and 1" concentric) will be used.

During the session, the subjective perception of effort will be recorded. We will use the BORG Subjective Perception of Effort (RPE) scale.

After the condition, the participant will be asked about the Mental Fatigue,

- To see the questions of the RPE and Mental Fatigue go to: "8. Exercise intervention\Annex 8.1. Questions"

To extend information of the condition and exercise technique:

- Information of the condition:
 "8. Exercise intervention\Chapter 8. Intervention protocol" (5. 3 Resistance training condition (B))
- Exercise technique: "8. Exercise intervention\Annex 8.2. Exercises technique description"

3.3 Post-Test Procedures

The data obtained from the MoCA test will be corrected by two independent evaluators.

- To know how to correct the MoCA: see
"5. Cognitive assessments and questionnaires\Annexes\Annex.5.3.MoCA_Manual"





All the paper-based questionnaires/tests will be scanned and upload to the correct folder in the server (these routes are examples; the document will have to be uploaded to the actual participant):

- MoCA: "\profith2.ugr.es\Agueda\fladex\Participants\PILOT\194\ses0\194 moca.pdf"
- MRI questionnaire: $\parbox{$\profith 2.ugr.es\Agueda\fladex\Participants\PILOT\194\ses-0\194\ MRIQ.pdf}$
- Informed Consent: \profith2.ugr.es\Agueda\fladex\Participants\PILOT\194\ses-0\194 cons.pdf

Before the participant leaves the building, the trainer must revise if the tablet-based questionnaires and exercise conditions are properly recorded in REDCap.

4. Graphic workflow

Figure 4 shows the workflow of one familiarization session; each participants' familiarization session lasts 90 min. Per familiarization session will be a maximum of 12 participants. Figure 5 shows the name and places of the gym upstairs.





The control of the perspect of of the		DAY						
1.1 1.2	Time							
Marcal of the percent count may be precised to the control of the percent and Project information of the percent count and Project information of the percent count and Project information and weak assessment of the percent count of the pe	e		ID / BEA / Tablet 1 & Polar 4					
1 1				CITE				
1.			Arrival of the participant	JIIL				
1.0 1.0			Informed Consent and Project Information	Round				
B			informed consent and Project information	Table	ID / IANII 5 / Tables 2 0 Dalas 0			
10		-						
	8h		MoCA	34	Arrival of the participant	SHE		
Mode Mode deficience and metacements		-			R R	Round		
Mode				Lab1	Informed Consent and Project Information	Table	INVIC (Tables 2.0 Dalas 40	
1.5-0.0						-		
Service Address Addr					MoCA	34	Arrival of the participant	SIIE
No.		-						Round
Section Condition A February acres Section Secti				S2			Informed Consent and Project Information	Table
Second continued						Lab2		
0. 10 10 Condition A 1 PF Condition B More Condition B Mor							MoCA	34
Size Condition 8 - PPE Condition 8 - PPE Condition 6 - PPE								
Second Content of the participant Second Content of the partic		-				S2		
10 10 10 10 10 10 10 10		20> 25						Rx2
10 10 10 10 10 10 10 10	9h	25> 30	Leaving of the participant		Condition A + Feeling scale	CVM	MRI Quest	
## Arrival of the participant ## Leaving of the participant ## Condition is a PEP		30> 35			Condition A + RPE		Blood Questionnaire + PA quest	
Second content and Project information Project Pro		35> 40	ID / BEA / Tablet 1 & Polar 4		Condition B		Anthropometry (weight, height and hip height)	S2
Condition Part Condition		40> 45	Arrival of the participant	SITE	Condition B + RPE		GET READY FOR CONDITION	
Book Michael Consent and Project Information Table Michael Security Tables 2.8 Pairs Security Tables		45> 50			Leaving of the participant		Condition A + Feeling scale	
S - S MACA 34 Annual of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE Leaving of the participant STE Condition 8 - BFE STE		50> 55					Condition A + RPE	
MoCA Section MoCA		55> 60			ID / JAVI F. / Tablet 2 & Polar 8		Condition B	
Section Procession Proces		0 -> 5	MaCA	24	Arrival of the participant	SITE	Condition B + RPE	
Besting heart rate + blood pressure Lab1 Section MRI Quest Section MRI Quest		5> 10	IVIOCA	54			Leaving of the participant	
100 100		10> 15	Resting heart rate + blood pressure		Informed Consent and Project Information			
Mile Clark Mil		15> 20	Medical information and medicaments			Table	JAVI S. / Tablet 3 & Polar 10	
100 100		20> 25	MRI Quest	Lab1				SITE
3-05 Acthrospometry (weight, height and hip height) 5.2 Resting heart rate + blood pressure MoCA 3.4		25> 30	Blood Questionnaire + PA quest		MoCA	34		
Medical information and medicaments 1.35 - 26 Condition A - Free importance 6 - 35 Condition B - RPE 7 Condition A - RPE 8 - 35 Condition B - RPE 7 Condition B - RPE 8 - 35 Condition B - RPE 8 - 35 Condition B - RPE 8 - 35 Condition B - RPE 8 - 36 Condition B - RPE 11h S - 36 Condition B - RPE 12h S - 37 Condition B - RPE 12h S - 38 Condition B - RPE 12h S - 38 Condition B - RPE 12h S - 38 Con	10h	30> 35		S2	Resting heart rate + blood pressure		Informed Consent and Project Information	
Book Condition A = Feeling scale Feeling		35> 40					•	Table
## Bood Questiomairs = PA quest Condition A + RPE		40> 45				Lab2		
Substitute Sub		45> 50		-			MoCA	34
## Condition B + RPE GET READY FOR CONDITION Medical information and medicaments Medical information a				floor 0		52	Resting heart rate + blood pressure	
S - S Leaving of the participant Condition A + FREE Growing of the participant STE Condition B Condition B STE Condition B STE Condition B Condition B Condition B Condition B STE Condition B Condition B Condition B Condition B STE Condition B Conditi		_						
3-312 Condition A + RPE Roy of Arrival of the participant STE Leaving of the participant STE Condition B + RPE STE Condition B + RPE STE Condition B + RPE Conditi								Rx2
11h 12h 12h 13h 12h 12h 12h 12h 12h 12h 12h 12h 12h 12			Leaving of the participant			GYM		
11.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.			ID / DEA / Tablet 1 9 Delay 4			floor 0	·	
11 12 13 15 15 16 16 16 16 16 16		10> 13	ID / BEA / Tablet 1 & Polal 4					
Informed Consent and Project Information Table Info		15 - 20		CITE	** ***			32
11h 15 - 30 16 MoCA 16 Arrival of the participant SITE Condition 8 + PPE 16 Arrival of the participant SITE Condition 8 + PPE 17 S - 50 18 Restling heart rate + blood pressure 18 - 5 S Restling heart rate + blood pressure 18 - 5 S Restling heart rate + blood pressure 18 - 5 S Restling heart rate + blood pressure 18				SITE	Condition B + RPE		GET READY FOR CONDITION	32
SS - 46 MOCA 34 Arrival of the participant Leaving of the participant STE Leaving of the participant Leaving of the participant STE Arrival of the participant STE Leaving of the participant Lab2 MoCA 34 Arrival of the participant Lab2 MoCA 34 MoCA		20> 25	Arrival of the participant		Condition B + RPE		GET READY FOR CONDITION Condition A + Feeling scale	
MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Antivopometry (weight, height and hip height) SZ Restling heart rate + blood pressure MoCA 34 Antivopometry (weight, height and hip height) SZ Restling heart rate + blood pressure MoCA 34 Antivopometry (weight, height and hip height) SZ Restling heart rate + blood pressure MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Antivopometry (weight, height and hip height) SZ Restling heart rate + blood pressure MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA 34 Informed Consent and Project Information Round Table MoCA Mo	11h	20> 25 25> 30	Arrival of the participant	Round	Condition B + RPE Leaving of the participant		GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE	GYM
S -> 90 Resting heart rate + blood pressure Labt S -> 90 Medical information and medicaments Labt MoCA 34 Arrival of the participant S -> 18 Blood Questionnaire + PA quest MoCA 34 Arrival of the participant S -> 18 Anthropometry (weight, height and hip height) S -> 18 Condition A + FRE Gordition B + FRE S -> 10 Condition B	11h	20> 25 25> 30 30> 35	Arrival of the participant	Round	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8		GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B	GYM
So-55 Medical information and medicaments STE	11h	20 -> 25 25 -> 30 30 -> 35 35 -> 40	Arrival of the participant Informed Consent and Project Information	Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8	SITE	GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE	GYM
S -> 6	11h	20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45	Arrival of the participant Informed Consent and Project Information MoCA	Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant		GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE	GYM
Blood Questionnaire + PA quest Sample Samp	11h	20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant	Round	GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant	GYM
S>10 Anthropometry (weight, height and hip height) S2 Resting heart rate + blood pressure Lab2	11h	20> 25 25> 30 30> 35 35> 40 40> 45 45> 50 50> 55	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments	Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant	Round	GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10	GYM floor 0
12h	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$	Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest	Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information	Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10	GYM floor 0
S -> 20 Condition A + Feeling scale GYM Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) S2 Resting heart rate + blood pressure Anthropometry (weight, height and hip height) S2 Resting heart rate + blood pressure GYM Gordition B + RPE GYM Gordition A + RPE GYM Gordition B	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest	Round Table 34 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA	Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant	GYM floor 0
12h 25 - 20 Condition A + RPE Blood Questionnaire + PA quest	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height)	Round Table 34 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant	GYM floor 0
Blood Questionnaire + PA quest	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION	Round Table 34 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments	Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant	GYM floor 0
Set Condition Set Cond	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$	Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale	Round Table 34 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest	Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B Condition B Condition B APPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant	GYM floor 0
30 -> 35	11h	$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$ $20 \rightarrow 25$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RFE	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA	GYM floor 0
S -> 40 Leaving of the participant Condition A + Feeling scale GYM floor 0		$ 20 \rightarrow 25 \\ 25 \rightarrow 30 \\ 30 \rightarrow 35 \\ 35 \rightarrow 40 \\ 40 \rightarrow 45 \\ 45 \rightarrow 50 \\ 50 \rightarrow 55 \\ 55 \rightarrow 60 \\ 0 \rightarrow 5 \\ 5 \rightarrow 10 \\ 10 \rightarrow 15 \\ 15 \rightarrow 20 \\ 20 \rightarrow 25 \\ 25 \rightarrow 30 $	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height)	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B Condition B Condition B ArPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	GYM floor 0
63-35 D / BEA / Tablet 1 & Polar 4 Condition B Blood Questionnaire + PA quest 63-35 Arrival of the participant SITE Condition B + RPE Leaving of the participant Condition B + FRE 63-35 Arrival of the participant SITE Condition B + RPE Condition A + RPE GET READY FOR CONDITION 63-35 MoCA 34 Arrival of the participant SITE Condition B + RPE Condition B 63-35 Medical information and medicaments SITE Condition B + RPE Condition B 63-35 Anthropometry (weight, height and hip height) S2 Resting heart rate + blood pressure Lab1 MoCA S3-35 Condition B + RPE Condition B MRI Quest S3-36 Condition B + RPE Condition B Conditi		$ 20 \rightarrow 25 \\ 25 \rightarrow 30 \\ 30 \rightarrow 35 \\ 35 \rightarrow 40 \\ 40 \rightarrow 45 \\ 45 \rightarrow 50 \\ 50 \rightarrow 55 \\ 55 \rightarrow 60 \\ 0 \rightarrow 5 \\ 5 \rightarrow 10 \\ 10 \rightarrow 15 \\ 15 \rightarrow 20 \\ 20 \rightarrow 25 \\ 25 \rightarrow 30 \\ 30 \rightarrow 35 $	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B Condition B Condition B Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments	GYM floor 0 SITE Round Table
45 -> 50 DJ REA / Tablet 1 & Polar 4 Condition B + RPE GET READY FOR CONDITION 50 -> 55 Arrival of the participant SITE Condition B + RPE GET READY FOR CONDITION 50 -> 55 GET READY FOR CONDITION 50 -> 51 Informed Consent and Project Information Table 50 -> 52 Resting heart rate + blood pressure Leaving of the participant SITE Condition B + RPE 50 -> 52 Resting heart rate + blood pressure Leaving of the participant SITE Condition B + RPE 50 -> 52 Resting heart rate + blood pressure Leaving of the participant SITE Leaving of the participant SITE Size S		$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$ $20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant 10 / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GETE READY FOR CONDITION Condition A + Feeling scale	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest	GYM floor 0 SITE Round Table
Leaving of the participant Condition A + Feeling scale GYM Floor O Goldton A + Feeling scale GYM Floor O GONDITION GET READY FOR CONDITION COndition A + FRE Ground Table III Condition A + FRE Ground Table III Condition B FRE Ground Table II		$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$ $20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest	GYM floor 0 SITE Round Table
Bound Table D / JAVI F. / Tablet 2 & Polar 8		$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $50 \rightarrow 55$ $55 \rightarrow 60$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$ $20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant	Round Table 34 Lab1 S2	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B Condition B Condition B Condition B Arrival of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest	GYM floor 0
Table 10 -> 15		$20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$ $0 \rightarrow 5$ $5 \rightarrow 10$ $10 \rightarrow 15$ $15 \rightarrow 20$ $20 \rightarrow 25$ $25 \rightarrow 30$ $30 \rightarrow 35$ $35 \rightarrow 40$ $40 \rightarrow 45$ $45 \rightarrow 50$	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1 & Polar 4	Round Table 34 Lab1 S2 GYM floor 0	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height)	GYM floor 0
10 / AVI F. / Tablet 2 & Polar 8 Condition B + RPE		20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 55 -> 60 0 -> 55 55 -> 10 10 -> 15 20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 50 -> 55 50 -> 55 50 -> 50	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1 & Polar 4	Round Table 34 Lab1 S2 GYM floor 0	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B Condition B Condition B Condition B Arbeit See See See See See See See See See Se	GYM floor 0 SITE Round Table 34 Rx2
S2 -> 20 MoCA 34 Informed Consent and Project Information Table JAVIS. / Tablet 3 & Polar 10 JAVIS. / Tablet 3		20 -> 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 55 -> 60 10 -> 5 15 -> 10 10 -> 15 20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 50 -> 50 50 -> 55 50 -> 50 50 -> 55 50 -> 50 50 -> 55 50 -> 50	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition A + RPE Condition B C	Round Table 34 Lab1 52 GYM floor 0	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale	GYM floor 0 SITE Round Table 34 Rx2 S2
13-20 25 Resting heart rate + blood pressure Lab1 Lab1 Lab1 Lab2 Lab3		20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 55 -> 60 10 -> 15 15 -> 20 20 -> 25 25 -> 30 30 -> 33 35 -> 40 40 -> 45 45 -> 50 50 -> 55 50 -> 55 50 -> 50 50 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition A + RPE Condition B C	Round Table 34 Lab1 52 GYM floor 0	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant	Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Arrival of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE	GYM floor 0 SITE Round Table 34 Rx2 S2
13h 3b 3-35 Medical information and medicaments 13b 3-36 Medical information A Feeling scale 69-365 Anthropometry (weight, height and hip height) 52 Resting heart rate + blood pressure 40-365 Condition A + FREI 600-70 Condition A + RPE 600-355 Condition B + RPE 60-355 Condition B 6		20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 5 -> 10 10 -> 15 15 -> 20 20 -> 25 25 -> 30 30 -> 33 35 -> 40 40 -> 45 50 -> 55 50 -> 55 50 -> 50 50 -> 50 50 50 -> 50 50 -> 50 50 -> 50 50 -> 50 50 -> 50 50 -> 50 50 -> 50 5	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FRE Condition A + RPE Condition B C	Round Table 34 Lab1 S2 GYM floor 0 SITE Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FREE Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8	Round Table 34 Lab2 S2 GYM floor 0	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B	GYM floor 0 SITE Round Table 34 Rx2 S2
Signature Sig		20 -> 25 -> 30 -> 35 -> 40 -> 40 -> 45 -> 45 -> 30 -> 35 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FRE Condition A + RPE Condition B C	Round Table 34 Lab1 S2 GYM floor 0 SITE Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant	Round Table 34 Lab2 S2 GYM floor 0	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FREE Condition B Condition B Condition B Condition B Condition B + RPE	GYM floor 0 SITE Round Table 34 Rx2 S2
Sign	12h	20 -> 25 -> 30 30 -> 35 -> 40 40 -> 45 5 5 -> 50 60 50 -> 55 -> 60 60 50 50 -> 55 -> 40 60 -> 45 5 -> 40 60 -> 55 5 -> 60 60 50 -> 55 5 -> 60 60 60 -> 55 5 -> 60 60 60 60 60 60 60 60 60 60 60 60 60	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	Round Table 34 Lab1 S2 GYM floor 0 SITE Round Table	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant	Round Table 34 Lab2 \$2 GYM floor 0	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FRE Condition B Condition B + RPE Leaving of the participant	GYM floor 0 SITE Round Table 34 Rx2 S2
40 → 45 Anthropometry (weight, height and hip height) 52 Resting heart rate + blood pressure Medical information and medicaments 50 → 55 Condition A + RPE 50 → 5 Condition B + RPE 60 Condition A + RPE Condition A + RPE Condition B + RPE Condition B + RPE Condition B + RPE Condition B + RPE Condition A + RPE Condition B + RPE	12h	20 -> 25 -> 30 -> 35 -> 40 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 -> 45 -> 40 -> 45 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition A + RPE Condition B Condition B Condition B Condition B To place A + PPE Leaving of the participant ID / BEA / Tablet 1 & Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments	Round Table 34 Lab1 52 GYM floor 0 SITE Round Table 34	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FREI Condition B Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B Condition B Condition B Condition B Condition Topical Seption 10	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0
Medical information and medicaments Lab2 MoCA 34	12h	20 -> 25 -> 30 30 -> 33 -> 35 35 -> 40 45 -> 50 50 -> 55 55 -> 50 10 -> 15 15 -> 20 20 -> 25 25 -> 30 30 -> 33 30 -> 34 45 -> 50 10 -> 15 15 -> 20 10 -> 15 15 -> 20 10 -> 15 15 -> 20 10 -> 15 15 -> 20 10 -> 15 15 -> 20 10 -> 35	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition A + RPE Condition B Condition B Condition B Condition B Condition B Arrival of the participant ID / BEA / Tablet 1 & Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest	Round Table 34 Lab1 52 GYM floor 0 SITE Round Table 34	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B Condition B Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B Condition B + RPE Leaving of the participant	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0
SS->66 Condition A + RPE Floor	12h	20 -> 25 -> 30 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 45 -> 50 -> 55 -> 60 -> 55 -> 10 -> 55 -> 10 -> 55 -> 50 -> 50 -> 55 -> 60 -> 55 -> 50 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height)	Round Table 34 Lab1 S2 GYM floor 0 SITE Round Table 34 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B Condition B + RPE Leaving of the participant	SITE Round Table 34 Rx2 S2 SYM floor 0
0->5 Condition B RPE GET READY FOR CONDITION Condition B + RPE Condition B Condition B + RPE Condition B	12h	20 -> 25 -> 30 -> 35 -> 40 -> 35 -> 40 -> 35 -> 40 -> 45 -> 50 -> 55 -> 60 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 55 -> 10 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 -> 10 -> 15 -> 10 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1 & Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 \$52	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FREI Condition B Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant	GYM floor 0 SITE Round Table Rx2 S2 GYM floor 0
10 -> 15 Leaving of the participant Condition A + Feeling scale GYM 15 -> 26 Condition B + SPE 15 Condition B + RPE 15 Condition B + RPE 15 Condition B + RPE 15 Condition A + RPE 15 Condition B + RPE 15 Condition A + RPE 15 Condition A + RPE 15 Condition A + RPE 15 Condition B C	12h	20 -> 25 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition A + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 \$2 GYM	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Condition B Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0
14h 25 -> 20 Condition A + RPE GYM Blood Questionnaire + PA quest	12h	20 -> 15 -> 30 -> 30 -> 35 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition A + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition A + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 \$2 GYM	Condition B + RPE Leaving of the participant 10 / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET BEADY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure	GYM floor 0 SITE Round Table Rx2 S2 GYM floor 0
20 → 25 Condition B 1000 Anthropometry (weight, height and hip height) \$2	12h	20 -> 15 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 0 -> 5 5 -> 10 10 -> 15 15 -> 20 25 -> 30 30 -> 33 30 -> 33 30 -> 33 30 -> 35 30 -> 35 30 -> 35 50 -> 35 50 -> 35 50 -> 35 50 -> 35 50 -> 35 50 -> 35 50 -> 35 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 30 0 -> 5 50 -> 5 50 -> 30 0 -> 5 5	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0
30 → 35 Leaving of the participant Condition A + Feeling scale GYM 35 → 40 Condition B 45 → 50 Condition B + RPE	12h	20 -> 25 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant 10 / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition B + RPE Leaving of the participant	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B + Condition B + Condition B + Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition A + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0
S → 40 Condition A + RPE SYM	12h	20 -> 25 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 -> 30 -> 35 -> 30 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition A + RPE	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B Condition B Condition B Condition B Condition B Resting heart and Project Information MOCA Resting heart and Project Information MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height)	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0 SITE Round Table 34 Rx2
40 → 45 Condition B 45 → 50 Condition B + RPE	12h	20 -> 25 25 -> 30 30 -> 35 35 -> 40 40 -> 45 45 -> 50 50 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 -> 55 -> 60 60 60 -> 55 -> 60 60 60 -> 60	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Arrival of the participant MOCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION	GYM floor 0 SITE Round Table 34 Rx2 S2 SITE ROUND Table 34 Rx2 S2 SITE ROUND Table SITE ROUND TABLE ROUND TABLE SITE ROUND TABLE ROUND TABLE SITE ROUND TABLE SIT
	12h	20 - 25 2 3 3 0 - 3 5 3 0 1 3 5 3 4 0 4 5 4 5 1 5 1 5 1 2 0 1 5 1 5 1 5 1 2 0 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest JAVI S. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition A + Feeling scale	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0 SITE Round Table 34 Rx2 GYM Glor 0 GYM Glor 0
55 → 60	12h	20 - 25 2 3 3 0 - 3 3 6 3 4 3 6 4 4 0 - 4 5 5 5 6 6 6 6 6 7 5 6 6 6 6 7 6 7 6 7 6	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B Condition B REPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart cate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Arrival of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart cate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FRE Condition B	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0 SITE Round Table 34 Rx2 GYM Glor 0 GYM Glor 0
	12h	20 -> 25 -> 20 -> 25 -> 20 -> 25 -> 20 -> 25 -> 20 -> 20 -> 25 -> 20 ->	Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B Condition B + RPE Leaving of the participant ID / BEA / Tablet 1.8. Polar 4 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B Condition B + RPE	Round Table 34 Lab1 \$2 GYM floor 0 SITE Round Table 34 Lab1 Lab1	Condition B + RPE Leaving of the participant ID / JAVI F. / Tablet 2 & Polar 8 Arrival of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Restling heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + Feeling scale Condition B + RPE	Round Table 34 Lab2 S2 GYM floor 0 SITE Round Table 34 Lab2 S2 GYM	GET READY FOR CONDITION Condition A + Feeling scale Condition B + Condition B Condition B + RPE Leaving of the participant JAVIS. / Tablet 3 & Polar 10 Arrival of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + RPE Condition B + RPE Leaving of the participant Informed Consent and Project Information MoCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Informed Consent and Project Information MCA Resting heart rate + blood pressure Medical information and medicaments MCA Resting heart rate + blood pressure Medical information and medicaments MRI Quest Blood Questionnaire + PA quest Anthropometry (weight, height and hip height) GET READY FOR CONDITION Condition A + FPE Condition B + RPE Condition B + RPE	GYM floor 0 SITE Round Table 34 Rx2 S2 GYM floor 0 SITE Round Table 34 Rx2 GYM Glor 0 GYM Glor 0

Figure 4. Graphic workflow of the evaluations and participants in the Familiarization session.







Figure 5. Names and places of the Lab in floor 2.





5. Annexes

• Annex A. 2.1 Standard Messages