CV−RHR + Steps_max ....
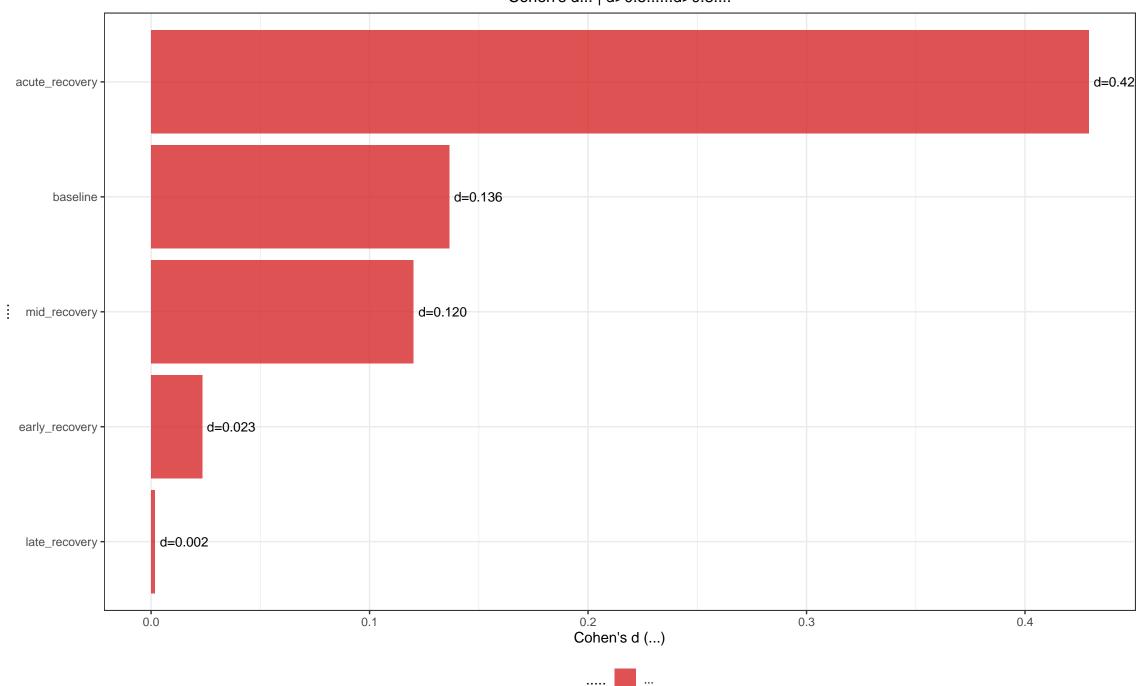
Cohen's d... | d>0.5......d>0.8....

acute_recovery — d=0.42

baseline — d=0.136

mid_recovery — d=0.120

early_recovery — d=0.023

late_recovery — d=0.002

Cohen's d (...)

....