FIGURE LEGENDS

Figure 1: Scatterplot of the correlation between VO2peak L/min and HRreserve with inserted regression line. R2 = 0.224. Pearsons *r* 0.473, p <0.001.

Figure 2: Scatterplot of the correlation between VO2peak L/min and O2pulse with inserted regression line. R2 = 0.647. Pearsons *r* 0.804, p <0.001.

Figure 3: Scatterplot of the correlation between VO2peak L/min and muscular exercise capacity (Joule) R2 = 0.406. Pearsons *r* 0.637, p <0.001.