

ESM Table 1 Maximal heart rate data of study participants obtained during the maximal incremental test

Group	HRmax W0 (bpm)	HRmax W8 or W12 (bpm)
HIIT	189.2 ± 2.7	185.1 ± 3.1*
aSIT	191.2 ± 3.2	190.4 ± 3.0
VICT	190.8 ± 3.5	190.0 ± 2.6
HIFT	191.3 ± 2.1	192.0 ± 2.4
No exercise	181.8 ± 2.8	180.0 ± 1.9
Non-diabetic	174.8 ± 3.5	172.7 ± 3.3
Type 1 diabetes	157.6 ± 6.2	165.8 ± 4.3
Type 2 diabetes	163.8 ± 4.2	163.5 ± 5.0

Data are mean ± SEM

The table shows the HRmax before (W0) and after 8 weeks (W8) of HIIT, aSIT, VICT, HIFT or no exercise, or 12 weeks (W12) of training for non-diabetic, type 1, or type 2 diabetic participants. bpm: beats per minute.

* $p < 0.05$ paired t test W0 compared to W8 or W12

ESM Table 2 Primers used for the qRT-PCR

	Forward (5'-3')	Reverse (5'-3')
ACTB	CTGTACGCCAACACAGTGCT	GCTCAGGAGGAGCAATGATC
CHOP	Qiagen QuantiTect primer, cat# QT00082278	
INS	CCAGCCGCAGCCTTTGTGA	CCAGCTCCACCTGCCCCA
PDX1	AAAGCTCACGCGTGGAAA	GCCGTGAGATGTACTTGTTGA
DP5	GAGCCCAGAGCTTGAAAGG	CCCAGTCCCATTCTGTGTTT
XBP1s	CCGCAGCAGGTGCAGG	GAGTCAATACCGCCAGAATCCA
PUMA	TTGTGCTGGTGCCCGTTCCA	AGGCTAGTGGTCACGTTTGGCT
VAPA	TACCGAAACAAGGAAACTAATGGAA	GCCTTAAACCTTCATCTCTCAGGT