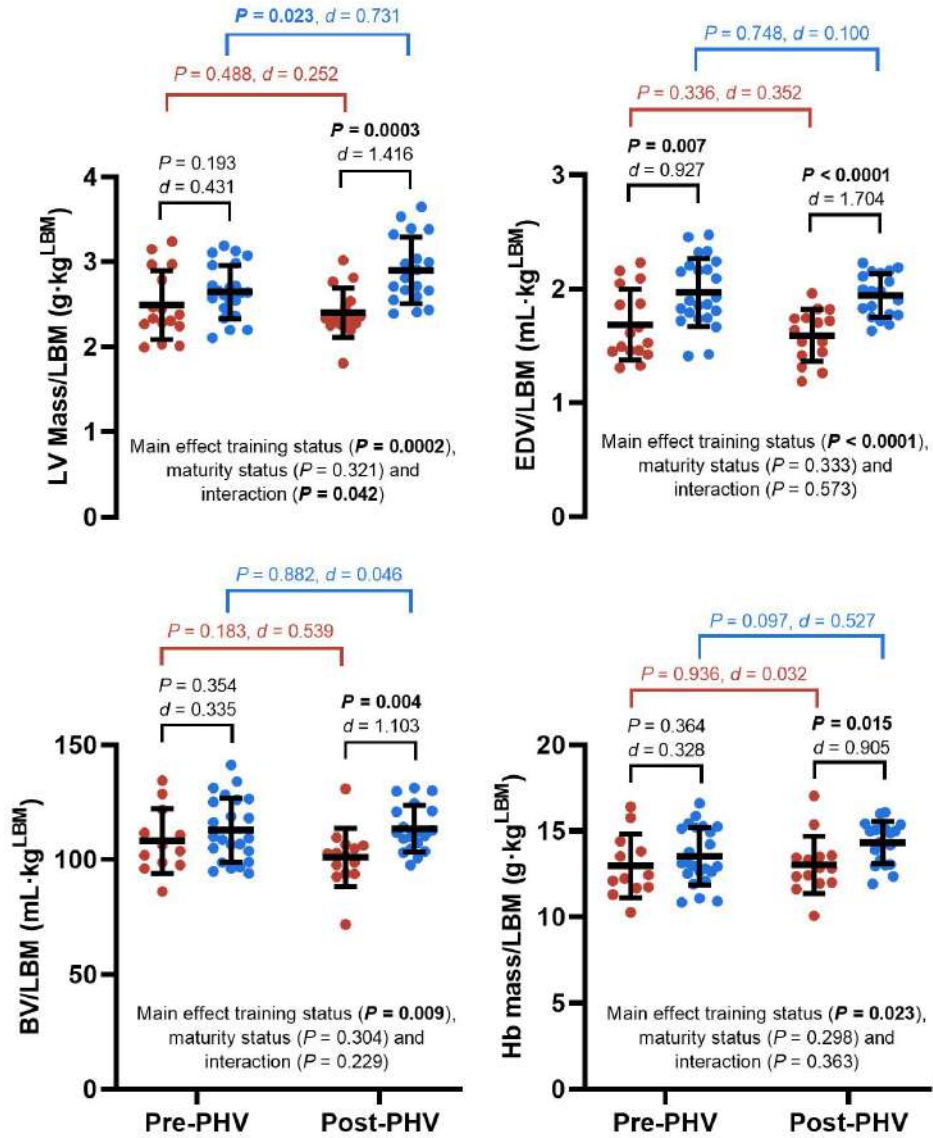
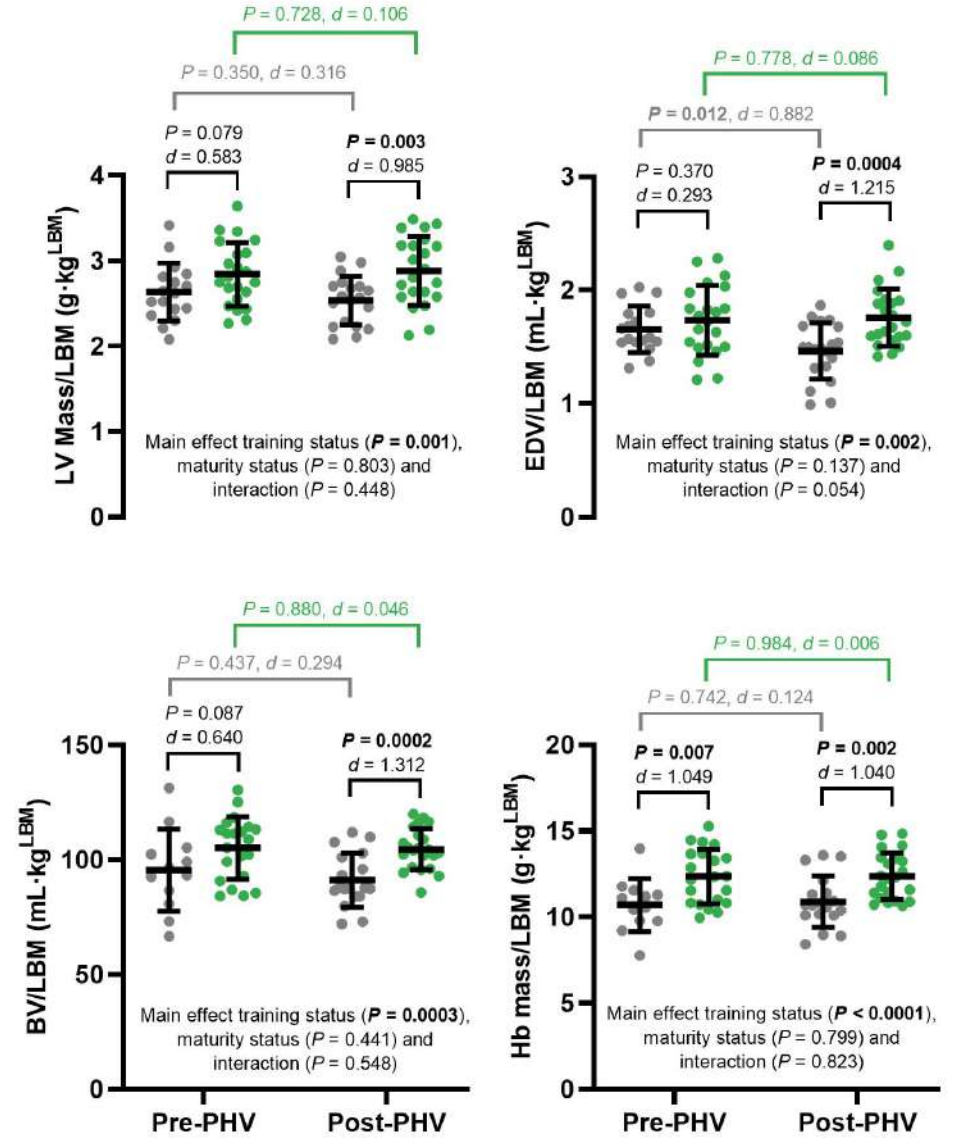


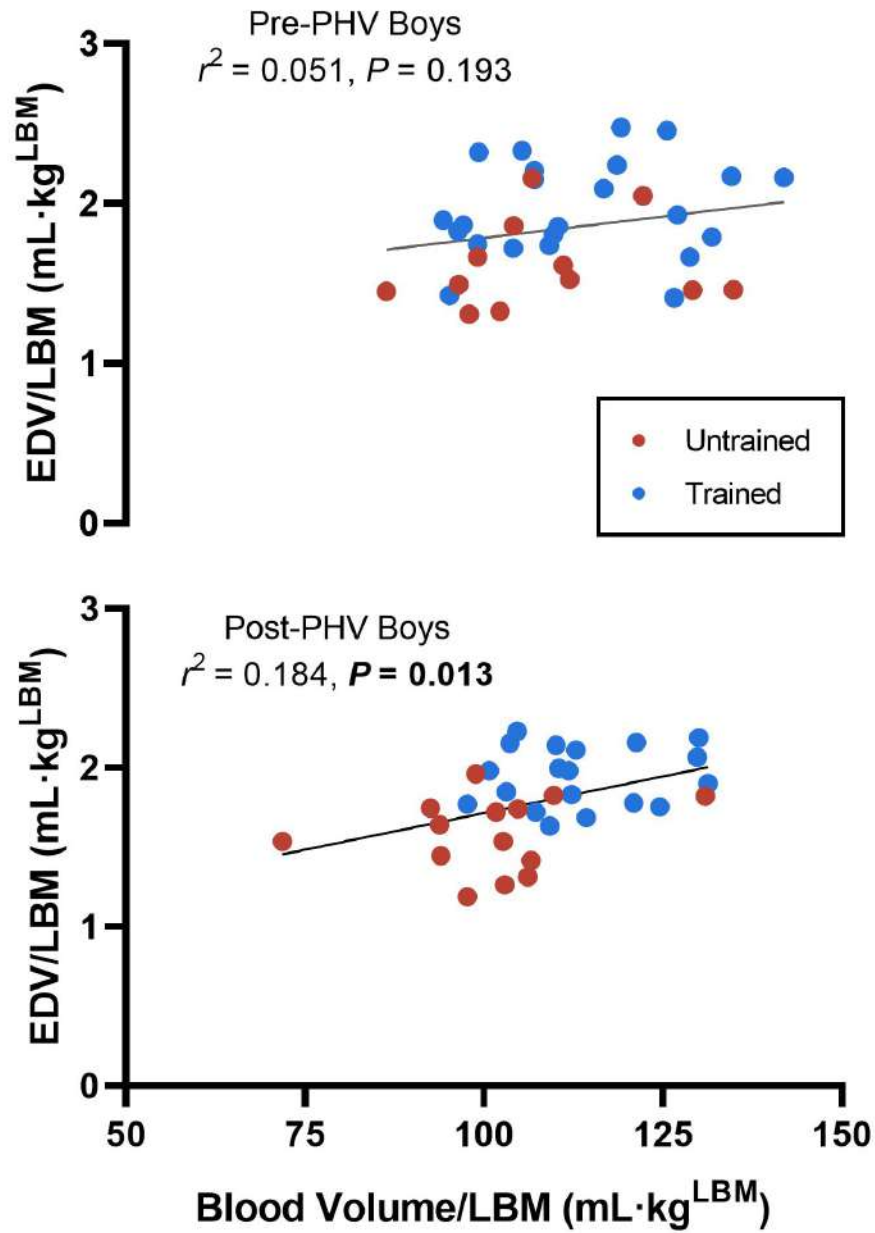
Boys



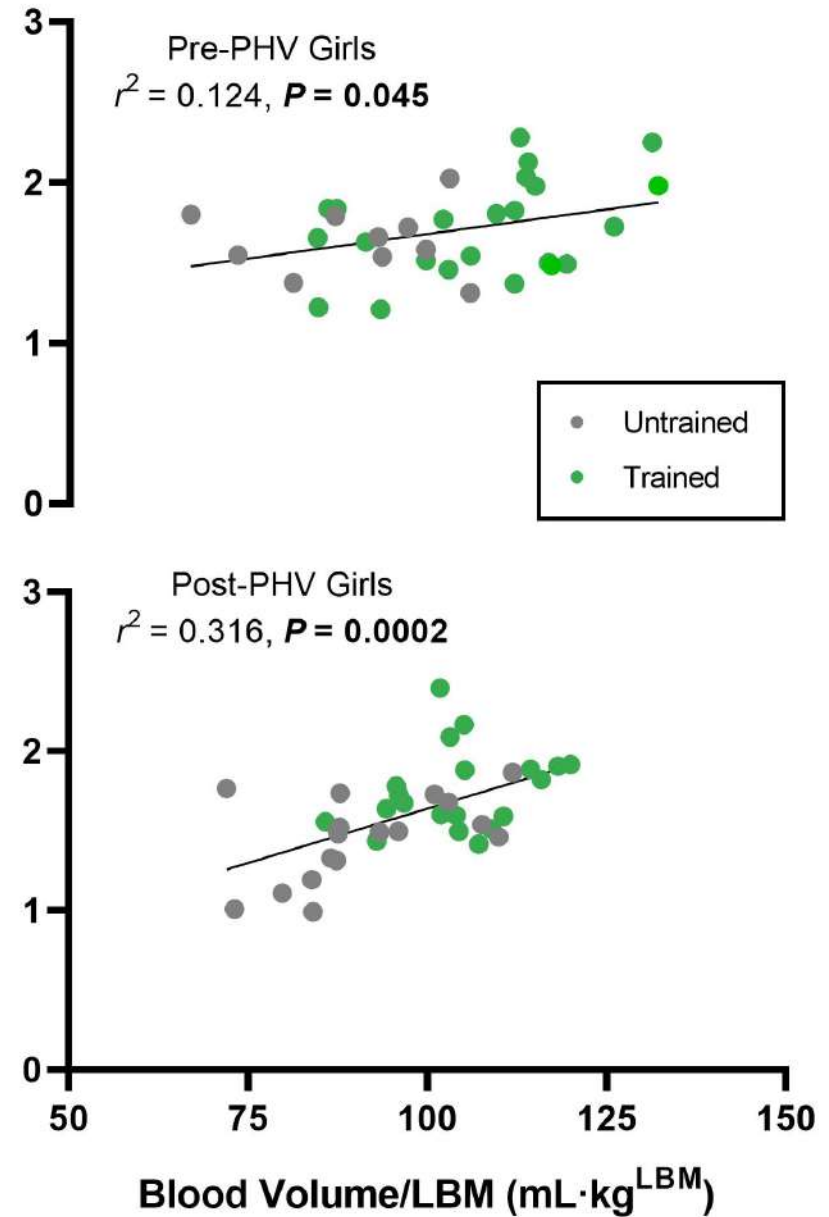
Girls

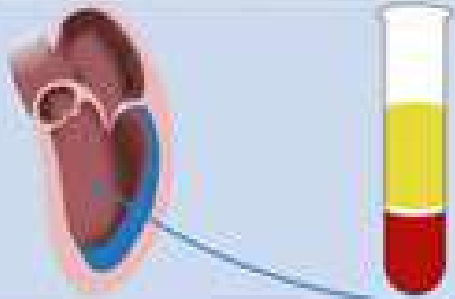

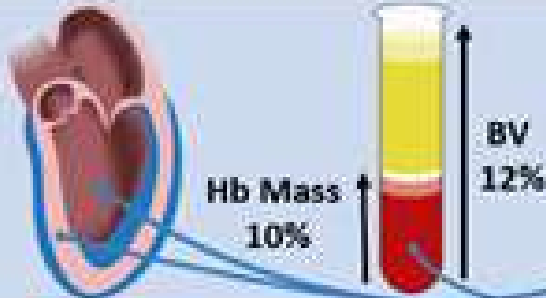

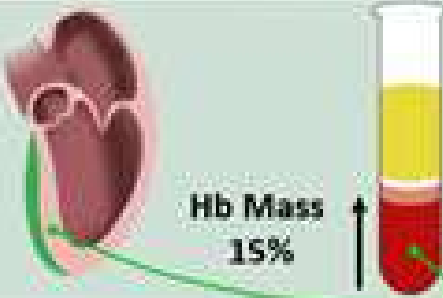

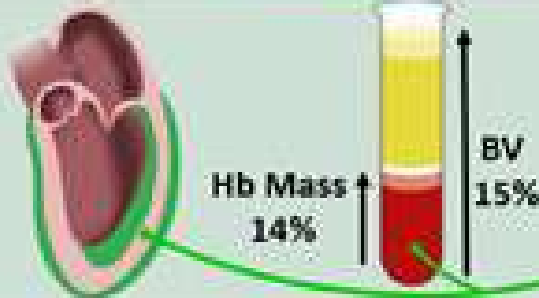


Boys



Girls



Sex & Pubertal Status		Trained vs. untrained group differences	Cardiovascular variables contributing to the variance in $\dot{V}O_{2max}$
Boys	Pre	EDV 17% ↑ 	EDV accounts for 22% of the variance in $\dot{V}O_{2max}$ 
	Post	LV Mass 21% ↑ EDV 22% ↑ IVS 13% ↑ LVPW 14% ↑ Hb Mass 10% ↑ BV 12% ↑ 	EDV, IVS and Hb mass account for 61% of the variance in $\dot{V}O_{2max}$ 
Girls	Pre	IVS 12% ↑ Hb Mass 15% ↑ 	Hb mass and IVS account for 32% of the variance in $\dot{V}O_{2max}$ 
	Post	LV Mass 14% ↑ EDV 21% ↑ IVS 18% ↑ LVPW 26% ↑ Hb Mass 14% ↑ BV 15% ↑ 	LVPW and Hb mass account for 49% of the variance in $\dot{V}O_{2max}$ 