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1 **Intensive exercise does not preferentially mobilise skin-homing T cells and NK cells.**

2 **Running head:** CLA+ lymphocytes and exercise

3

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20

21

22 **Abstract**

23 **Purpose:** This study investigated whether natural killer (NK) cells and CD8+ T cells expressing cutaneous  
24 lymphocyte antigen (CLA) – a homing molecule for endothelial cell leukocyte adhesion molecule 1 (ELAM-  
25 1), which enables transmigration to the skin – are selectively mobilised in response to acute exercise.

26 **Methods:** Nine healthy males (mean  $\pm$  SD age: 22.1  $\pm$  3.4 years) completed two exercise sessions: high-  
27 intensity continuous cycling ('continuous exercise' at 80%  $\dot{V}O_{2\text{MAX}}$  for 20 min) and low-volume high-  
28 intensity interval exercise ('HIIE' at 90%  $\dot{V}O_{2\text{MAX}}$  10  $\times$  1 min repetitions with 1 min recovery intervals).  
29 Blood was collected before, immediately- and 30 min post-exercise for cryo-preservation of peripheral blood  
30 mononuclear cells. CLA+ and CLA- cells were quantified within NK subpopulations (CD56<sup>bright</sup> 'regulatory'  
31 and CD56<sup>dim</sup> 'cytotoxic' cells) as well as the following CD8+ T cell subpopulations: naive ('NA';  
32 CD45RA+CCR7+), central memory ('CM'; CD45RA-CCR7+), effector-memory ('EM'; CD45RA-CCR7-)  
33 and CD45RA-expressing effector-memory cells ('EMRA'; CD45RA+CCR7-). **Results:** CLA+ NK cells and  
34 CD8+ memory T cells increased in response to both exercise bouts, but, overall, their numerical contribution  
35 to the exercise lymphocytosis was inferior to CLA- cells, which increased to a much greater extent during  
36 exercise. Tellingly, the most exercise-responsive cells – effector memory CD8+ cells and CD56<sup>dim</sup> cells –  
37 were CLA-. **Conclusions:** A small subset of CLA+ lymphocytes are mobilised into blood during acute  
38 intensive exercise, but CLA+ cells are not major contributors to exercise lymphocytosis, thus providing  
39 preliminary evidence that the skin is not a major origin, or homing-destination, of exercise-sensitive  
40 lymphocytes.

41

42 **Key words:** T cells, inflammation, skin, homing

43

## 44 INTRODUCTION

45 Memory CD8+ T cells and natural killer (NK) cells are the largest contributors to the acute and  
46 transient lymphocytosis that occurs in peripheral blood during intensive exercise (6, 20, 36). Largely driven  
47 by their relative high density cell surface expression of  $\beta$ 2-adrenergic receptors that induce detachment from  
48 the vascular endothelium upon stimulation by catecholamines, the mobilisation of NK cell and CD8+ T cell  
49 subsets is considered to be an evolved mechanism that facilitates effector cell recruitment to sites of potential  
50 or ongoing injury (10). Built on findings from animal models and using an analogy of immune cells as  
51 ‘soldiers’, it is proposed that naïve and central memory CD8+ T cells – which are slightly increased during  
52 exercise – traffic from the boulevards (i.e., ‘bloodstream’) back to the ‘barracks’ (i.e., the spleen, lymph  
53 nodes). On the other hand, tissue-specific memory CD8+ T cells – which mobilise to a larger extent during  
54 exercise – home to specific peripheral tissues (e.g., lungs, gut) to conduct immune-surveillance against  
55 potential pathogenic challenge. Finally, it is hypothesised that effector CD8+ T cells – which are mobilised to  
56 the greatest extent during exercise – are redeployed to ‘battlefield’ sites of wound healing (e.g. in the skin)  
57 following acute exercise (9, 10). However, whether these highly cytotoxic effector NK and CD8+ T cells,  
58 which are selectively increased in an acute and transient manner by acute exercise, have the propensity to  
59 migrate to peripheral cutaneous sites remains unknown.

60 In support of this model, it has been demonstrated in murine models that exercise redeploys large  
61 numbers of T cells to the Peyer’s patches, lungs and bone marrow, reinforcing the idea that T cells are  
62 mobilised to sites of potential antigen encounter (i.e., lungs, gut), as well as to serve other important functions  
63 such as the provision of additional stimuli for haematopoiesis in the bone marrow (20). However, the  
64 aforementioned study was unable to measure homing to cutaneous sites or areas of ongoing inflammation. It  
65 has been shown that T cells and NK cells do show increased infiltration into sites of experimental  
66 inflammation (i.e., subcutaneous implantation of a surgical sponge treated with the lymphocyte-specific  
67 chemokine lymphotactin) in mice 24 to 48 hours after acute psychological stress (40). However, it remains  
68 unclear whether this increased cell infiltration is driven by stress-induced effector cell redistribution, or other  
69 mechanisms occurring in the days after the acute stressor.

70 An approach that is commonly used to investigate lymphocyte homing propensity in humans is the  
71 assessment of cell surface adhesion molecule expression on cells; this approach can be used to reveal the  
72 probable trafficking patterns of cells mobilised into the bloodstream during exercise. For example, studies  
73 have shown that there is a selective influx of CD8<sup>+</sup> memory cells into the bloodstream that exhibit lower  
74 levels of lymphoid homing markers such as CD62L and CCR7 (6), thus providing evidence that exercise  
75 mobilises CD8<sup>+</sup> T cells with a homing capacity for peripheral tissues. Further research has shown that these  
76 cells mobilised by exercise express adhesion molecules such as CD11a (15, 22), CD11b (17, 18), VLA-4  
77 (very late antigen-4) and LPAM-1 (lymphocyte Peyer's patch adhesion molecule-1) (15), which enable  
78 migration to peripheral sites including the bone marrow (23), Peyer's patches (43) and lungs (38). However,  
79 the aforementioned adhesion molecules cannot be used exclusively for identifying skin-homing potential and  
80 it remains uncertain whether exercise-responsive CD8<sup>+</sup> T cells and NK cells have a skin-homing phenotype.

81 Cutaneous lymphocyte antigen (CLA) expression on lymphocytes can be used to determine whether  
82 lymphocytes preferentially mobilised during intensive exercise exhibit a homing phenotype for cutaneous  
83 sites. CLA is a specialised form of P-selectin glycoprotein ligand-1 (PSGL-1; CD162), a surface glycoprotein  
84 expressed constitutively on all human peripheral-blood T cells. After post-translational modification, PSGL-1  
85 bears a Sialyl-Lewis<sup>X</sup> (sLe<sup>X</sup>) moiety, termed CLA, which avidly binds CD62E (E-selectin), an adhesion  
86 molecule which initiates the transmigration cascade to the skin, and which is also upregulated during  
87 cutaneous inflammation (4, 27, 28, 32). Thus, most T cells in both normal and diseased cutaneous sites are  
88 CLA<sup>+</sup> (7, 29, 30). In support, leukocyte infiltration to inflammatory sites can be largely inhibited by a CLA  
89 modifier (11). Taken together, analyses of CLA<sup>+</sup> cell mobilisation can be used as proxy marker to reveal  
90 whether cells mobilised by exercise have the phenotypic capacity to migrate to 'battlefield' sites in the skin  
91 (10).

92 The primary objective of this study was to investigate whether CD8<sup>+</sup> T cells preferentially mobilised  
93 during intensive exercise stress exhibit a homing phenotype for cutaneous sites. To fulfil this objective, we  
94 investigated the number of CLA-positive cells among CD8<sup>+</sup> T cell subsets, to establish the contribution of  
95 CLA-positive cells to the stepwise CD8<sup>+</sup> lymphocytosis pattern previously observed in response to exercise  
96 (6). We also extended the analyses of CLA<sup>+</sup> and CLA<sup>-</sup> cells to NK cell populations – the largest responders

97 to exercise stress (6). The second objective of this study was to compare the magnitude of CD8+ T cell and  
98 NK cell mobilisation in response to continuous high-intensity exercise (continuous exercise) and high-  
99 intensity intermittent exercise (HIIE). HIIE is often referred to as High Intensity Interval Training (HIIT)  
100 when repeated frequently over several weeks or months. This form of exercise has received considerable  
101 attention as a short-duration and low-volume means of achieving similar health benefits to continuous  
102 exercise. Given the increasing health benefits that have been observed with HIIE, and although we have  
103 established in a prior report that CD8+ T cell and NK cell subset mobilisation is intensity dependent (6), the  
104 effects of HIIE on changes to these cell subsets remains unknown.

## 105 **METHODS**

### 106 *Participants*

107 Ten healthy males were recruited to take part in this study as previously described (41, 42). Peripheral  
108 blood mononuclear cells (PBMCs) were available from nine of the ten participants, and were isolated from  
109 blood samples collected before, immediately after, and 30 min after two different forms of exercise, described  
110 below. All nine participants (age:  $22.1 \pm 3.4$  years; height:  $180.5 \pm 6.1$  cm; weight:  $78.1 \pm 11.0$  kg; body mass  
111 index:  $24.0 \pm 3.1$  kg.m<sup>2</sup>;  $\dot{V}O_{2\text{MAX}}$ :  $43.8 \pm 4.1$  ml.kg.min<sup>-1</sup>) included in this study were non-smokers, and  
112 refrained from taking vitamin supplements and anti-inflammatory medication for fourteen days, and did not  
113 exercise and consume alcohol or caffeine for two days prior to experimental trials. All participants provided  
114 written informed consent and the study was approved by the Science, Technology, Engineering and  
115 Mathematics Ethical Review Committee at University of Birmingham (reference: ERN\_12-0830).

116

### 117 *Preliminary measurements*

118 Height and weight were assessed using standard methods and cardiorespiratory fitness ( $\dot{V}O_{2\text{MAX}}$ ) was  
119 measured during an incremental exercise test on an electromagnetically braked cycle ergometer (*Lode*  
120 *Excalibur Sport*, Groningen, *Netherlands*). Following a three-minute warm up at 30 watts, workload was  
121 increased by 30 watts every minute, until volitional exhaustion. A facemask was fitted throughout preliminary  
122 exercise tests in each main trial, and expired air measured breath-by-breath averaged every 20 seconds for  
123 oxygen uptake and carbon dioxide production (*Oxycon Pro*, Jaeger, Wuerzberg, Germany). Heart rate (HR)  
124 was monitored every minute using a Polar Vantage heart rate monitor (Polar Vantage, Kempele, Finland);  
125 HR<sub>peak</sub> represents the maximum heart rate achieved during each trial. The following criteria were used to  
126 indicate that  $\dot{V}O_{2\text{MAX}}$  had been reached: a fall in cadence below 60 rpm, a respiratory exchange ratio ( $\dot{V}CO_2 /$   
127  $\dot{V}O_2$ ) >1.10-1.15, a plateau in oxygen consumption and a heart rate >220 beats min<sup>-1</sup> minus age.

128

### 129 *Experimental trials*

130 Experimental trials were undertaken at least seven days after preliminary measurements, in the  
131 morning, and following an overnight fast. Each trial was separated by at least three days in a randomised

132 design. Prior to each trial, but after the baseline blood sample, participants undertook a warm up (5 minutes) at  
133 a workload eliciting 40%  $\dot{V}O_{2\text{MAX}}$ . Exercise trials were either vigorous steady state cycling at 80%  $\dot{V}O_{2\text{MAX}}$   
134 for 20 minutes ('continuous exercise') or high intensity interval exercise ('HIIE') trial. HIIE consisted of ten 1  
135 minute cycling phases at a workload to elicit 90%  $\dot{V}O_{2\text{MAX}}$ , with 1 minute of low intensity cycling at 40%  
136  $\dot{V}O_{2\text{MAX}}$  between each phase. Workload was expressed as watts, and relative to body mass (i.e., watts/kg).  
137 Values presented are the average workload over the entire exercise protocol (i.e., in the vigorous trial: the  
138 duration of cycling at 80%  $\dot{V}O_{2\text{MAX}}$ ; and in the HIIE protocol: each 1-minute sprint phase of cycling at 90%  
139  $\dot{V}O_{2\text{MAX}}$ ). Values were obtained directly from the electromagnetically braked cycle ergometer (Lode  
140 Excalibur Sport, Groningen, Netherlands). Energy expenditure (Kcal) was estimated by indirect calorimetry  
141 from calculations of fat and carbohydrate oxidation (g/min) and data were averaged over the 1-minute phases  
142 of the protocols and summed to provide total energy expenditure from the entire duration of each trial,  
143 expressed relative to body mass (Kcal/kg). Ratings of perceived exertion (RPE) were recorded using the Borg  
144 Scale every 1 minute during continuous exercise, and after each 90%  $\dot{V}O_{2\text{MAX}}$  interval during HIIE; the  
145 highest RPE score was selected as the final RPE result for each exercise trial (RPE<sub>peak</sub>).

146

#### 147 *Blood sampling*

148 An intravenous cannula (*Becton & Dickson, Oxford, UK*) was inserted into an antecubital vein and  
149 blood samples were drawn into potassium ethylene diaminetetraacetic acid (EDTA) vacutainer tubes (*Becton*  
150 *& Dickson, Oxford, UK*). The cannula was kept patent with saline (0.9% NaCl). The leukocyte differential  
151 was assessed using an automated haematology analyser (*Coulter Analyser, Beckman-Coulter, High Wycombe,*  
152 *UK*).

153

#### 154 *Blood Cell Isolation*

155 Approximately 15 ml of blood from each time point (pre-exercise, post-exercise and 30 min post-  
156 exercise) was diluted 1:1 with Roswell Park Memorial Institute Media (RPMI), and then layered on top of  
157 Ficoll paque PLUS (GE Healthcare) (2 blood : 1 Ficoll), before centrifuging at  $500 \times g$  for 30 minutes at  
158  $21^{\circ}\text{C}$ . PBMCs were aspirated and washed three times in RPMI by centrifuging at  $400 \times g$  for 5 minutes. The



159 cell pellet was re-suspended in 1-ml of freezing mixture (70% RPMI, 20% fetal calf serum (FCS) and 10%  
160 dimethyl sulfoxide (DMSO)) and frozen at  $-1^{\circ}\text{C}$  / min using a freezing container (Nalgene “Mr Frosty”  
161 Thermoscientific). Cells were stored at  $-80^{\circ}\text{C}$  and analysed within six months.

162

### 163 *Flow cytometry*

164 Samples were thawed rapidly at  $37^{\circ}\text{C}$  and washed twice in PBS containing 2% FCS and 2mM EDTA  
165 by centrifuging at  $400 \times g$  for 5 minutes. Cells were counted using a haemocytometer and approximately  
166 300,000 PBMCs were added to tubes for incubation with fluorescently conjugated antibodies to identify  
167 specific lymphocyte populations using eight-colour flow cytometry (FACS-CANTO, Becton–Dickinson, San  
168 Jose, USA). The following monoclonal antibodies (mAbs) were used: anti-CD45RA-FITC clone # HI100,  
169 anti-CD197 (CCR7)-PE clone # 150503, anti-CD56-PE-Cy7 clone # B159, anti-CD8-APC clone # RPA-T8,  
170 anti-CD3-APC-Cy7 clone # SK7 (BD Pharmingen, San Diego, USA), anti-CLA-V450 clone # HECA-452  
171 (BioLegend, San Diego, USA) and anti-CD16-V500 clone # 3G8 (BD Horizon, San Diego, USA). In addition,  
172 7-aminoactinomycin D (7-AAD; PerCP channel; BD Pharmingen, San Diego, USA) was used to exclude  
173 necrotic and apoptotic cells. For validation purposes, fluorescence-minus-one (FMO) tubes were used on  
174 separate samples from three healthy donors to establish negative and positive gating strategies for CLA  
175 expression.

176 Flow cytometry data were analysed using FlowJo version 7.6.5 (FlowJo LLC, Oregon, USA). Briefly,  
177 lymphocytes were gated on the forward *versus* sideways scatter, and 7AAD<sup>-</sup> cells were divided into CD3<sup>+</sup> or  
178 CD3<sup>-</sup> cells. Cytotoxic T cells were identified as being CD3<sup>+</sup>CD8<sup>+</sup> and further differentiated into naïve  
179 (‘NA’; CCR7<sup>+</sup>CD45RA<sup>+</sup>), central memory (‘CM’; CCR7<sup>+</sup>CD45RA<sup>-</sup>), effector memory (‘EM’;  
180 CCR7<sup>-</sup>CD45RA<sup>-</sup>) or CD45RA<sup>+</sup> effector memory cells (‘EMRA’; CCR7<sup>-</sup>CD45RA<sup>+</sup>). CD3<sup>-</sup> cells were  
181 further differentiated into CD56<sup>dim</sup> ‘cytotoxic’ NK cells or CD56<sup>high</sup> ‘regulatory’ NK cells, as proposed by  
182 Cooper and colleagues (2001), using CD16 and CD56 dotplot gating (8). Within each subpopulation identified  
183 above, cells were subdivided based on their expression of CLA (CLA<sup>+</sup> or CLA<sup>-</sup>) in SSC (side scatter) versus  
184 V450-CLA mode. Absolute cell counts for each subpopulation were computed by multiplying the percentage  
185 of cells within the CD3<sup>+</sup> or CD3<sup>-</sup> gates by the total lymphocyte count (obtained via the Coulter principle).

186 This value and subsequent absolute subpopulation counts were multiplied by percentage values for gated  
187 daughter subpopulations.

188

189 *Statistical analyses*

190 All results are presented as mean  $\pm$  standard deviation unless otherwise stated. Statistical calculations  
191 were performed on IBM SPSS for Windows Version 21. Kolmogorov-Smirnov tests confirmed that all data  
192 were normally distributed at all time points and for all variables. Repeated Measures Analysis of Variance  
193 (ANOVA) tests were used to contrast changes over time (baseline, exercise and 30 min post-exercise), and  
194 between the two exercise conditions (HIIE and continuous exercise) for each cell type. Within-trial main  
195 effects of time for each cell type were calculated in separate individual ANOVAs. Post-hoc pairwise  
196 comparisons were made with Bonferroni adjustments for multiple comparisons. Between trial differences at a  
197 given time point were assessed by paired *t*-tests. Statistical significance was accepted at the  $p < .05$  level.

198 **RESULTS**

199 All participants completed both the continuous exercise and HIIE tasks. Total energy expenditure was  
200 significantly higher after continuous exercise compared to HIIE (HIIE:  $2.69 \pm 0.31$  Kcal/kg; continuous  
201 exercise:  $3.54 \pm 0.48$  Kcal/kg;  $F_{(1,17)} = 20.0$ ,  $p < .05$ ). Similarly,  $RPE_{\text{peak}}$  was significantly higher after  
202 continuous exercise compared to HIIE (HIIE:  $16 \pm 2$  (Borg scale); continuous exercise:  $18 \pm 1$  (Borg scale);  
203  $F_{(1,17)} = 4.6$ ,  $p < .05$ ). Workload was higher after HIIE compared to continuous exercise (HIIE:  $2.74 \pm 0.54$   
204 Watts/kg; continuous exercise:  $2.18 \pm 0.33$  Watts/kg;  $F_{(1,17)} = 7.1$ ,  $p < .05$ ). No differences were found  
205 between trials for  $HR_{\text{peak}}$  (HIIE:  $178 \pm 14$  beats/min; continuous exercise:  $187 \pm 7$  beats/min;  $p > .05$ ).

206

207 *Effects of HIIE and continuous exercise on the number of total leukocytes and leukocyte subpopulations*

208 Total leukocyte counts increased ( $p < .05$ ) from baseline after both the HIIE ( $5.31 \pm 1.15$  [ $\times 10^9$ /L] to  
209  $8.92 \pm 2.77$ ) and continuous exercise ( $5.57 \pm 0.94$  to  $10.73 \pm 2.14$ ) conditions. Similarly, total lymphocyte  
210 counts also increased ( $p < .05$ ) from baseline after both the HIIE ( $1.83 \pm 0.47$  to  $3.64 \pm 1.46$ ) and continuous  
211 exercise ( $1.91 \pm 0.41$  to  $4.83 \pm 1.33$ ) conditions, with a larger mean change observed during continuous  
212 exercise, compared to HIIE, but these differences were not significant ( $p > .05$ ). 30 min after each exercise  
213 condition, lymphocyte numbers between trials were similar (HIIE:  $1.67 \pm 0.37$ ; continuous exercise:  $1.84 \pm$   
214  $0.35$ ) and had returned to pre-exercise levels ( $p > .05$ , compared to baseline).

215

216 *Effects of HIIE and continuous exercise on the number of total CD3+ T cells and CD3+CD8+ T cells*

217 Table 1 displays total CD3+ T cells and CD3+CD8+ T cell numbers during both exercise tasks. Total  
218 CD3+ T cells increased significantly during both conditions ( $p < .01$ ), with larger mean increases during  
219 continuous exercise, compared to HIIE, but these between trial differences were not significant ( $p > .05$ ). 30  
220 min after each condition, CD3+ T cell numbers between trials were similar and had returned to pre-exercise  
221 levels. CD3+CD8+ T cells increased significantly during both conditions ( $p < .05$ ), with larger increases  
222 during continuous exercise compared to HIIE; again, these differences between trials were not significant ( $p >$   
223  $.05$ ). 30 min after each condition, CD3+CD8+ numbers between trials were similar and had returned to pre-

224 exercise levels. Replicating previous findings (6, 39), CD3+CD8+ T cell subsets were mobilised in a stepwise  
225 manner, with CD3+CD8+ EMRA T cells mobilising more than EM, CM and NA cells. Within these subsets,  
226 there were no significant differences in the magnitude of mobilisation between continuous exercise or HIIE  
227 trials.

228

229 *Effects of HIIE and continuous exercise on the numbers of CLA+ and CLA- CD3+ T cells and CD3+CD8+ T*  
230 *cells*

231 Approximately 14% of total CD3+ T cells were CLA+ at baseline, and despite an increase in the  
232 number of CLA+ CD3+ T cells during both exercise conditions ( $p < .05$ ), the proportion of CLA+ CD3+ T  
233 cells decreased slightly during exercise due to a larger influx of CLA- CD3+ T cells ( $p = .05$ ) (see Table 1).  
234 At 30 minutes post-exercise the number and proportion of CLA+ CD3+ T cells returned to pre-exercise  
235 values.

236 Approximately 9% of CD3+CD8+ T cells were CLA+ at baseline, and, in a similar manner to total  
237 CD3+ T cells, the number of CLA+ CD3+CD8+ T cells increased during both exercise conditions ( $p < .05$ ),  
238 before returning to baseline levels at 30 minutes post-exercise (see Table 1). However, there was no change ( $p$   
239  $> .05$ ) in the proportion of CLA+ CD3+CD8+ T cells during exercise. No differences were observed in the  
240 magnitude of mobilisation between CLA+ and CLA- cells in any of these broad T cell subsets between HIIE  
241 and continuous exercise.

242

243 *Effects of HIIE and continuous exercise on the numbers of CLA+ and CLA- CD3+CD8+ T cell subsets*

244 In accordance with prior literature (7, 31), very few of the CD3+CD8+ NA cell population expressed  
245 CLA (median = 1.35%) and the few CLA+ naïve cells did not change during exercise (data not shown). The  
246 largest proportion of CLA+ CD3+CD8+ T cells were of the CM (~20%) and EM (~23%) phenotypes, with  
247 only a small fraction of EMRA cells expressing CLA (<7%). As illustrated in Figure 1, the percentage change  
248 in the number of CLA+ cells increases in a stepwise mobilisation pattern (i.e., EMRA > EM > CM) in

249 response to both exercise conditions, and this pattern is also evident in CLA<sup>-</sup> cells. However, as illustrated in  
250 Figure 2, the proportion of CLA<sup>+</sup> cells per memory CD3<sup>+</sup>CD8<sup>+</sup> T cell subset actually shows a marginal and  
251 significant ( $p < 0.05$ ) decline during exercise, before returning to baseline levels at 30 min post-exercise. Thus,  
252 CLA<sup>+</sup> cells do not appear to be major contributors to the large influx of effector cells observed in the  
253 peripheral bloodstream during exercise; this is illustrated by a greater mobilisation of CLA<sup>-</sup>, compared to  
254 CLA<sup>+</sup>, EMRA CD3<sup>+</sup>CD8<sup>+</sup> T cells in Figure 1.

255

256 *Effects of HIIE and continuous exercise on the numbers of NK cells, and CLA<sup>+</sup> and CLA<sup>-</sup> cells within the NK*  
257 *cell subsets*

258 Table 2 displays changes in the numbers of CD3<sup>-</sup>CD56<sup>+</sup> NK cells in response to continuous exercise  
259 and HIIE. As expected, NK cells were extremely sensitive to exercise stress, exhibiting significant differences  
260 between the two exercise modalities ( $p < .05$ ), with HIIE resulting in a ~400% increase and continuous  
261 exercise resulting in a ~600% change during exercise. With regards to the major CD56<sup>+</sup> NK cell subsets,  
262 CD56<sup>dim</sup> ‘cytotoxic’ cells were the most sensitive to exercise stress, with HIIE resulting in a 550% increase  
263 and continuous exercise resulting in a 725% increase ( $p < .05$ ). As expected, CD56<sup>bright</sup> ‘regulatory’ NK cells  
264 were less sensitive to exercise stress and no differences were found between exercise conditions ( $p > .05$ );  
265 HIIE resulted in a 100% increase and continuous exercise resulted in a 200% increase.

266 At baseline, approximately ~22% of CD3<sup>-</sup>CD56<sup>+</sup> cells were CLA<sup>+</sup>, with a higher proportion of  
267 CD56<sup>bright</sup> ‘regulatory’ NK cells positive for CLA (~67%) than CD56<sup>dim</sup> ‘cytotoxic’ NK cells (~17.5%).  
268 During exercise, the total number of CLA<sup>+</sup> NK cells increased (HIIE: ~230%; continuous exercise: ~350%),  
269 and, as expected, this was driven by a larger increase in CLA<sup>+</sup> CD56<sup>dim</sup> cells compared to the CLA<sup>+</sup>  
270 CD56<sup>bright</sup> cells. As a consequence of a greater influx of CLA<sup>-</sup> NK cells (HIIE: ~500%; continuous exercise:  
271 ~650% compared to baseline), primarily comprised of CLA<sup>-</sup>CD56<sup>dim</sup> cells during exercise (Figure 3), the  
272 proportion of CLA<sup>+</sup> cells in the total NK cell pool was actually reduced during exercise (Figure 4). Thus,  
273 CLA<sup>+</sup> NK cells do not appear to be major contributors to the large influx of effector cells observed in the  
274 peripheral bloodstream during exercise.

## 275 **DISCUSSION**

276 This study assessed the mobilisation propensity of CLA<sup>+</sup> CD8<sup>+</sup> T cells into the peripheral  
277 bloodstream in response to intensive exercise. A preferential mobilisation of this cell phenotype would fulfil a  
278 component of the stress redistribution theory (10), which hypothesises that effector memory cells  
279 preferentially mobilised by exercise have a phenotype that enables post-exercise migration to cutaneous sites  
280 of wound healing or active inflammation (e.g., injured skin). We examined the number of CLA<sup>+</sup> and CLA<sup>-</sup>  
281 cells because CLA avidly binds CD62E; CD62E is thought to be the primary initiator of routine CD8<sup>+</sup> T cell  
282 transmigration to the skin, and is also central to T cell tethering to cytokine-activated endothelium at inflamed  
283 cutaneous sites (14). We found that exercise resulted in an increase in the number of memory CLA<sup>+</sup>  
284 CD3<sup>+</sup>CD8<sup>+</sup> T cells. However, the numerical contribution of CLA<sup>+</sup> memory cells to exercise-induced  
285 lymphocytosis was inferior to CLA<sup>-</sup> cells, and, as a consequence, the proportion of CLA<sup>+</sup> cells amongst the  
286 total memory CD8<sup>+</sup> T cell pool showed a decline during exercise. Furthermore, the most exercise-sensitive  
287 subset (EMRA CD8<sup>+</sup> T cells) were largely CLA<sup>-</sup>, suggesting that the most exercise-responsive T cell subset  
288 mobilised by exercise do not have a phenotype that would enable rapid transmigration to sites of active  
289 cutaneous inflammation.

290 Until now, the effect of exercise on the mobilisation of CLA<sup>+</sup> cells has not yet been investigated. A  
291 study investigating the effects of acute psychological stress on circulating CLA<sup>+</sup> CD8<sup>+</sup> cells found a marginal  
292 decline in the number of CLA<sup>+</sup> CD8<sup>+</sup> cells during the stressor (2). These aforementioned results differed to  
293 the findings of our study, as we observed an approximate doubling in the number of CLA<sup>+</sup> CD3<sup>+</sup>CD8<sup>+</sup> cells  
294 during exercise. It was proposed by Atanackovic et al. (2006) that CLA<sup>+</sup> CD8<sup>+</sup> T cells had already initiated  
295 transmigration to sites of inflammation during acute stress. However, evidence exists to suggest that elevated  
296 levels of epinephrine selectively decreases adhesion of CD8<sup>+</sup> T cells (12) and NK cells (3) to endothelial  
297 cells, and may thus be a contributing mechanism for the maintenance of CLA<sup>+</sup> cells in the peripheral  
298 bloodstream, as observed in our exercise trials. We extended our CLA<sup>+</sup> analyses to four distinct CD8<sup>+</sup> T cell  
299 subsets conventionally identified using the cell-surface markers CCR7 and CD45RA (17). In agreement with  
300 prior literature showing that the majority of CLA<sup>+</sup> CD3<sup>+</sup> cells are CD45RO<sup>+</sup> (7), we found that few naïve  
301 (CCR7<sup>+</sup>CD45RA<sup>+</sup>) CD8<sup>+</sup> T cells expressed CLA (31). This did not change in response to exercise. In further

302 agreement with Clark et al. (2006), we found a majority of CLA<sup>+</sup> cells were of the central memory (CCR7<sup>+</sup>  
303 CD45RA<sup>-</sup>) phenotype and fewer were effector memory (CCR7<sup>-</sup>CD45RA<sup>-</sup>) CD8<sup>+</sup> T cells; these CLA<sup>+</sup>  
304 effector memory cells showed the largest increase during exercise, though the numerical increase was small.

305 On one hand, the findings of this study are supportive of the stress redistribution model in that  
306 exercise evoked an increase in the total number of peripheral blood CLA<sup>+</sup> CD8<sup>+</sup> T cells, which are  
307 phenotypically consistent with skin-homing T cells. On the other hand, the absolute number of CLA<sup>+</sup> cells  
308 mobilised was small, and the relative magnitude of mobilisation was much less than CLA<sup>-</sup> CD8<sup>+</sup> cells.  
309 Furthermore, few EMRA CD8<sup>+</sup> T cells – conventionally the most exercise-sensitive CD8<sup>+</sup> subset – expressed  
310 CLA, and did not increase in number as much as CLA<sup>-</sup> EMRA CD8<sup>+</sup> T cells. Thus, the CD8<sup>+</sup> T cells with  
311 the greatest propensity for exercise-induced mobilisation and extravasation are CLA<sup>-</sup> and do not exhibit a  
312 phenotype characteristic for rapid homing to cutaneous sites or sites of endothelial inflammation. Given that  
313 the large majority of CLA<sup>+</sup> cells reside in the skin (7), it is possible to conclude that the skin is not a major  
314 contributor/source of cells to exercise-induced lymphocytosis. The findings of this study are not surprising:  
315 CLA<sup>+</sup> cells are not as susceptible to immunosenescence (25), and are thus strikingly different to the most  
316 exercise-sensitive cells, which have shorter telomeres, high expression of CD57 (35, 36); and exhibit  
317 exaggerated exercise-induced mobilisation in participants seropositive for cytomegalovirus (39). In addition, it  
318 has been demonstrated in rodents that exercise redeploys large numbers of T cells to the lungs (20). Lung-  
319 derived T cells are all CLA<sup>-</sup>, but positive for other homing molecules including CCR5 and CXCR3 (5).  
320 Similarly, exercise also redeploys T cells to the Peyer's patches and bone marrow (19, 20) and this is likely  
321 governed by other site-specific homing molecules like LPAM-1 (37) or VLA-4 (23, 26) rather than CLA. This  
322 allocation of certain cells to defined parts of the body might represent a homeostatic immune-surveillance  
323 response (10), or, instead, it has been hypothesised that senescent T cells are mobilised into the blood to  
324 facilitate their subsequent apoptosis in peripheral tissues (21, 34), which may contribute to progenitor cell  
325 mobilisation after exercise (24). With regards to cutaneous surveillance against tumours and stressed tissue  
326 cells, it is unlikely this is tasked by  $\alpha\beta$  CD8<sup>+</sup> T cells alone (13), and is likely supported by  $\gamma\delta$  T cells and NK  
327 cells, which are highly responsive to acute stress (1, 6), and have the migratory capacity to enter cutaneous  
328 sites (13). We found that CLA<sup>+</sup> CD56<sup>+</sup> NK cells were substantially mobilised by exercise, but, much like  
329 CD8<sup>+</sup> T cells, were outnumbered by the mobilisation of CLA<sup>-</sup> NK cells.

330 This is the first study to investigate and compare the effects of HIIE (also referred to as HIIT when  
331 repeated over several weeks or months) and continuous exercise on T cell and NK cell subset mobilisation  
332 responses. HIIE typically involves shorter and more intense bouts of exercise than more traditional forms  
333 (e.g., 30 minutes of moderate intensity running or cycling) and is thought to be more attractive and better  
334 tolerated by participants. HIIE has received considerable recent attention as an effective means of achieving  
335 certain physiological adaptations (e.g., improved insulin sensitivity and cardiorespiratory fitness, but probably  
336 not weight loss) in healthy and diseased populations that are similar or superior to traditional endurance-based  
337 exercise (16).

338 Although we found a trend whereby a greater mobilisation of lymphocytes was observed during  
339 continuous exercise compared to HIIE, these differences were not significant for the majority of lymphocyte  
340 subpopulations investigated. We found that CD56<sup>+</sup> NK cells – conventionally the most exercise responsive  
341 cells – were mobilised to a greater extent during continuous exercise compared to HIIE, a response that was  
342 driven by larger increases to CD56<sup>dim</sup> NK cells. It may be that similar intensity-dependent effects would have  
343 been found for CD8<sup>+</sup> T cells, and other subsets, if a larger group of participants had been tested.

344 A limitation of this study was that post-exercise blood samples were collected 30 minutes after  
345 exercise cessation, rather than after 60 minutes, when NK and CD8<sup>+</sup> T cell lymphocytopenia is more  
346 pronounced (6, 39). This was a consequence of practical and logistical constraints imposed by the broader  
347 study that was being undertaken (41). At 30 min post-exercise, we found that all cell phenotypes were present  
348 in peripheral blood in similar numbers to pre-exercise levels. It would be of interest to investigate the  
349 contribution of CLA<sup>+</sup> T cells to lymphocytopenia at later time points. An additional practical limitation was  
350 the cryopreservation of PBMCs, which may disproportionately affect the viability of some cell phenotypes –  
351 however this is unlikely to affect the within-subject model used in our study. A further consideration for  
352 future studies surrounds the ongoing debate over the optimal phenotyping of skin-homing CD8<sup>+</sup> T cells. In  
353 addition to CLA, CCR4 and CCR8 may be useful in differentiating between CD8<sup>+</sup> T cells involved in normal  
354 cutaneous immune-surveillance to those involved in acute or chronic inflammation (7, 33). Finally, our  
355 investigations were limited to healthy individuals with no apparent cutaneous inflammation. Investigation of  
356 exercise-induced lymphocyte skin-homing in experimental models of infection or in clinical populations



357 including psoriasis is warranted, and more invasive techniques such as biopsy may provide further insights  
358 into exercise-induced homing to cutaneous or inflammatory sites.

359

## 360 **CONCLUSION**

361 A greater number of CLA<sup>-</sup> T cells and NK cells were mobilised into peripheral blood than CLA<sup>+</sup>  
362 counterpart T cells and NK cells during exercise. Furthermore, the majority of EMRA T cells and CD56<sup>dim</sup>  
363 cells – i.e., conventionally the most exercise-responsive cells – did not express CLA. Together, these findings  
364 demonstrate that CLA<sup>+</sup> cells are not major contributors to exercise lymphocytosis, thus providing preliminary  
365 evidence that the skin is not a major origin, or homing-destination, of exercise-sensitive lymphocytes. We  
366 conclude that the most exercise-sensitive lymphocytes likely migrate from, and to, non-cutaneous sites post-  
367 exercise.

368

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372

373 **CONFLICTS OF INTEREST:** None declared

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484

485 **FIGURE CAPTIONS**

486

487 **Figure 1.** Mean  $\pm$  SEM changes in the proportion of CD8<sup>+</sup> T cell subsets (CM = central memory; EM =  
488 effector memory; EMRA = CD45RA<sup>+</sup> effector memory) that were either positive or negative for cell surface  
489 CLA, at baseline and immediately after Continuous exercise. It was found that CLA<sup>+</sup> CD45RA<sup>+</sup> effector  
490 memory CD8<sup>+</sup> T cells were mobilised to a greater magnitude than CLA<sup>-</sup> CD45RA<sup>+</sup> effector memory CD8<sup>+</sup>  
491 T cells; similar patterns were found for HIIE (data not shown).

492 \* Indicates significant difference between CLA<sup>+</sup> and CLA<sup>-</sup> ( $p < .05$ ).

493

494 **Figure 2.** Mean  $\pm$  SEM changes in the proportion of CD8<sup>+</sup> T cell subsets (NA = naïve; CM = central  
495 memory; EM = effector memory; EMRA = CD45RA<sup>+</sup> effector memory) that were positive for CLA, from  
496 pre- to immediately post-continuous exercise. A reduction in the proportion of CLA<sup>+</sup> CM, EM and EMRA  
497 cells was observed immediately after continuous exercise compared to baseline; similar patterns were  
498 observed during HIIE (data not shown).

499 \* Indicates significant differences in the proportion of CLA<sup>+</sup> cells between pre- and post-continuous exercise  
500 ( $p < .05$ ).

501 **Figure 3.** Mean  $\pm$  SEM changes in the proportion of NK cell subsets that were either CLA<sup>+</sup> or CLA<sup>-</sup>, at  
502 baseline and immediately after continuous exercise. A trend was observed whereby CLA<sup>-</sup> CD56<sup>dim</sup> cells  
503 were mobilised to a greater extent than CLA<sup>+</sup> CD56<sup>dim</sup> NK cells ( $p = .058$ ); similar patterns were found for  
504 HIIE (data not shown).

505 **Figure 4.** Mean  $\pm$  SEM changes in the proportion of NK cell subsets that were CLA<sup>+</sup>, from pre- to  
506 immediately post-continuous exercise. A reduction in the proportion of CLA<sup>+</sup> CD56<sup>bright</sup> and CD56<sup>dim</sup> NK  
507 cells was observed from pre- to post-exercise; similar patterns were observed during HIIE (data not shown).

508 \* Indicates significant differences in the proportion of CLA<sup>+</sup> cells between pre- and post-continuous exercise  
509 ( $p < .05$ ).

510

**Table 1.** Changes in the numbers of T-lymphocytes and T-lymphocyte subpopulations in response to HIIE and continuous exercise (mean  $\pm$  SD).

Cells per $\mu$ L	Condition	Baseline	Exercise	+30min	Main effects of time	Time $\times$ task interaction
CD3+	HIIE	1494.4 $\pm$ 406.2	2508.8 $\pm$ 1076.5*	1330.2 $\pm$ 293.2	$F_{(2,16)} = 16.18; p = .002$	$F_{(2,32)} = 2.06; p = NS$
	Continuous Ex	1454.1 $\pm$ 321.9	3049.6 $\pm$ 794.4***	1416.3 $\pm$ 363.1	$F_{(2,16)} = 42.97; p < .001$	
CD3+ CLA+	HIIE	189.2 $\pm$ 89.7	316.2 $\pm$ 237.0	186.8 $\pm$ 95.7	$F_{(2,16)} = 6.80; p = .030$	$F_{(2,32)} = .37; p = NS$
	Continuous Ex	183.0 $\pm$ 91.4	350.6 $\pm$ 166.6**	196.7 $\pm$ 123.2	$F_{(2,16)} = 26.06; p < .001$	
CD3+ CLA-	HIIE	1305.2 $\pm$ 376.2	2192.6 $\pm$ 894.2**	1143.4 $\pm$ 260.2	$F_{(2,16)} = 17.72; p = .002$	$F_{(2,32)} = 2.33; p = NS$
	Continuous Ex	1271.0 $\pm$ 293.3	2699.0 $\pm$ 276.0***	1219.6 $\pm$ 291.7	$F_{(2,16)} = 41.40; p < .001$	
CD3+ CD8+	HIIE	509.5 $\pm$ 181.9	1000.9 $\pm$ 654.7	463.1 $\pm$ 174.7	$F_{(2,16)} = 9.46; p = .014$	$F_{(2,32)} = .89; p = NS$
	Continuous Ex	491.2 $\pm$ 162.3	1185.0 $\pm$ 398.8***	490.4 $\pm$ 195.4	$F_{(2,16)} = 48.99; p < .001$	
CD3+ CD8+ CLA+	HIIE	41.3 $\pm$ 21.6	77.9 $\pm$ 65.6	43.2 $\pm$ 29.3	$F_{(2,16)} = 6.22; p = .035$	$F_{(2,32)} = .28; p = NS$
	Continuous Ex	40.7 $\pm$ 26.2	86.9 $\pm$ 53.8**	43.8 $\pm$ 32.7	$F_{(2,16)} = 23.95; p = .001$	
CD3+ CD8+ CLA-	HIIE	468.2 $\pm$ 163.4	923.0 $\pm$ 591.5	420.0 $\pm$ 148.7	$F_{(2,16)} = 9.76; p = .013$	$F_{(2,32)} = .95; p = NS$
	Continuous Ex	450.4 $\pm$ 141.2	1098.1 $\pm$ 355.0***	446.5 $\pm$ 166.9	$F_{(2,16)} = 48.96; p < .001$	
Naïve CD8+	HIIE	239.9 $\pm$ 93.1	341.6 $\pm$ 144.1*	192.8 $\pm$ 62.2	$F_{(2,16)} = 14.14; p < .001$	$F_{(2,32)} = 1.51; p = NS$
	Continuous Ex	215.9 $\pm$ 76.1	377.9 $\pm$ 69.0***	198.5 $\pm$ 56.4	$F_{(2,16)} = 55.18; p < .001$	
Naïve CD8+ CLA+	HIIE	3.4 $\pm$ 1.4	5.2 $\pm$ 2.6	3.0 $\pm$ 1.4	$F_{(2,16)} = 10.20; p = .001$	$F_{(2,32)} = .97; p = NS$
	Continuous Ex	3.5 $\pm$ 1.8	6.3 $\pm$ 3.4*	3.5 $\pm$ 2.2	$F_{(2,16)} = 17.67; p = .002$	
Naïve CD8+ CLA-	HIIE	236.5 $\pm$ 92.2	336.4 $\pm$ 142.3*	189.8 $\pm$ 62.0	$F_{(2,16)} = 14.13; p < .001$	$F_{(2,32)} = 1.49; p = NS$
	Continuous Ex	212.4 $\pm$ 75.8	370.5 $\pm$ 70.3***	195.0 $\pm$ 55.4	$F_{(2,16)} = 54.09; p < .001$	
CM	HIIE	118.8 $\pm$ 37.2	221.8 $\pm$ 97.1*	124.7 $\pm$ 55.9	$F_{(2,16)} = 21.50; p = .001$	$F_{(2,32)} = 3.85; p = NS$
	Continuous Ex	121.9 $\pm$ 64.2	278.6 $\pm$ 96.2***	132.3 $\pm$ 85.4	$F_{(2,16)} = 101.54; p < .001$	
CM CD8+ CLA+	HIIE	20.2 $\pm$ 8.3	35.6 $\pm$ 25.0	21.7 $\pm$ 12.7	$F_{(2,16)} = 7.01; p = .026$	$F_{(2,32)} = .29; p = NS$
	Continuous Ex	20.0 $\pm$ 11.8	38.9 $\pm$ 20.7**	21.3 $\pm$ 14.7	$F_{(2,16)} = 25.16; p < .001$	
CM CD8+ CLA-	HIIE	98.6 $\pm$ 30.4	186.2 $\pm$ 72.9**	103.1 $\pm$ 44.2	$F_{(2,16)} = 27.81; p < .001$	$F_{(2,32)} = 5.69; p = .017$
	Continuous Ex	101.9 $\pm$ 53.5	239.7 $\pm$ 77.4***	110.6 $\pm$ 71.8	$F_{(2,16)} = 123.76; p < .001$	
EM	HIIE	64.4 $\pm$ 29.9	144.9 $\pm$ 70.8**	69.5 $\pm$ 37.2	$F_{(2,16)} = 26.74; p = .001$	$F_{(2,32)} = 3.30; p = NS$
	Continuous Ex	66.6 $\pm$ 39.3	184.8 $\pm$ 71.0***	75.6 $\pm$ 52.0	$F_{(2,16)} = 80.73; p < .001$	
EM CD8+ CLA+	HIIE	12.3 $\pm$ 10.5	24.7 $\pm$ 27.5	13.7 $\pm$ 13.4	$F_{(2,16)} = 4.73; p = NS$	$F_{(2,32)} = .13; p = NS$
	Continuous Ex	12.0 $\pm$ 10.8	26.9 $\pm$ 24.5*	13.6 $\pm$ 14.0	$F_{(2,16)} = 11.22; p = .010$	
EM CD8+ CLA-	HIIE	52.1 $\pm$ 20.5	120.2 $\pm$ 44.7***	55.8 $\pm$ 24.6	$F_{(2,16)} = 40.39; p < .001$	$F_{(2,32)} = 5.08; p = .026$
	Continuous Ex	54.6 $\pm$ 29.7	157.8 $\pm$ 51.3***	62.2 $\pm$ 40.4	$F_{(2,16)} = 90.05; p < .001$	
EMRA	HIIE	88.3 $\pm$ 87.0	292.6 $\pm$ 390.3	76.1 $\pm$ 69.7	$F_{(2,16)} = 4.07; p = NS$	$F_{(2,32)} = .13; p = NS$
	Continuous Ex	86.6 $\pm$ 57.7	344.6 $\pm$ 296.6*	83.8 $\pm$ 52.1	$F_{(2,16)} = 9.16; p = .016$	
EMRA CD8+ CLA+	HIIE	5.4 $\pm$ 4.0	12.4 $\pm$ 12.6	4.9 $\pm$ 3.7	$F_{(2,16)} = 5.35; p = .047$	$F_{(2,32)} = .29; p = NS$
	Continuous Ex	5.4 $\pm$ 4.4	14.6 $\pm$ 10.9**	5.4 $\pm$ 4.6	$F_{(2,16)} = 17.13; p = .003$	
EMRA CD8+ CLA-	HIIE	80.9 $\pm$ 84.0	280.2 $\pm$ 378.7	71.2 $\pm$ 66.8	$F_{(2,16)} = 4.02; p = NS$	$F_{(2,32)} = .12; p = NS$
	Continuous Ex	81.4 $\pm$ 54.4	329.9 $\pm$ 291.0*	78.4 $\pm$ 48.6	$F_{(2,16)} = 8.75; p = .018$	

\* $p < .05$  in comparison to baseline

\*\*  $p < .01$  in comparison to baseline

\*\*\*  $p < .001$  in comparison to baseline

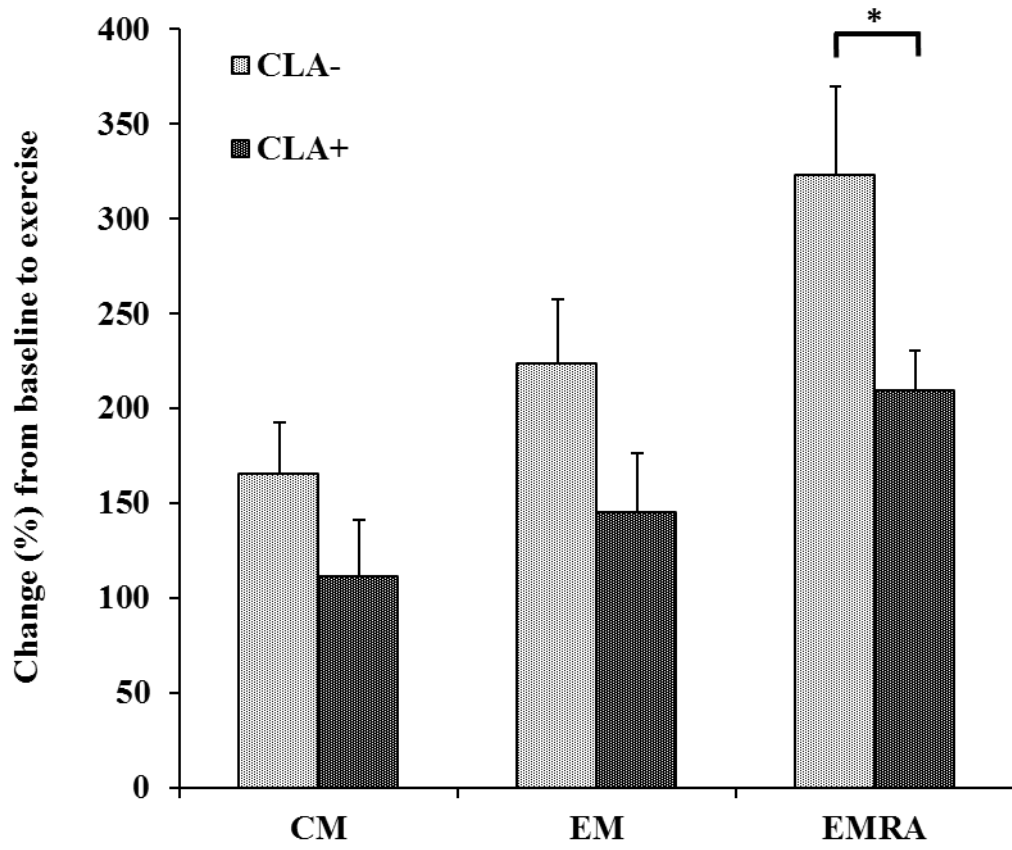
NS  $p > .05$

**Table 2.** Changes in NK cell numbers in response to HIIE and continuous exercise (mean  $\pm$  SD).

Cells per $\mu$ L	Condition	Baseline	Exercise	+30min	Main effects of time	Time $\times$ task interaction
CD56 <sup>+</sup>	HIIE	112.4 $\pm$ 44.8	591.9 $\pm$ 361.0**	115.2 $\pm$ 59.5	$F_{(2,16)} = 18.27; p = .003$	$F_{(2,32)} = 4.47; p = .05$
	Continuous Ex	164.3 $\pm$ 144.2	1130.6 $\pm$ 707.5**	157.6 $\pm$ 159.9	$F_{(2,16)} = 22.64; p = .001$	
CD56 <sup>+</sup> CLA <sup>+</sup>	HIIE	28.2 $\pm$ 10.4	92.7 $\pm$ 47.8**	29.2 $\pm$ 12.4	$F_{(2,16)} = 23.96; p = .001$	$F_{(2,32)} = 3.37; p = NS$
	Continuous Ex	31.7 $\pm$ 9.5	142.1 $\pm$ 69.2**	31.9 $\pm$ 10.9	$F_{(2,16)} = 26.10; p = .001$	
CD56 <sup>+</sup> CLA <sup>-</sup>	HIIE	84.1 $\pm$ 44.6	499.3 $\pm$ 352.6*	86.0 $\pm$ 56.5	$F_{(2,16)} = 14.13; p = .005$	$F_{(2,32)} = 3.75; p = NS$
	Continuous Ex	132.6 $\pm$ 136.6	988.4 $\pm$ 698.6**	125.7 $\pm$ 153.2	$F_{(2,16)} = 18.14; p = .003$	
CD56 <sup>bright</sup>	HIIE	11.0 $\pm$ 7.4	23.9 $\pm$ 19.4*	15.2 $\pm$ 13.0	$F_{(2,16)} = 9.98; p = .011$	$F_{(2,32)} = 2.17; p = NS$
	Continuous Ex	12.8 $\pm$ 7.0	36.0 $\pm$ 25.7*	15.6 $\pm$ 7.8	$F_{(2,16)} = 11.05; p = .009$	
CD56 <sup>bright</sup> CLA <sup>+</sup>	HIIE	7.6 $\pm$ 5.5	15.0 $\pm$ 12.7*	10.2 $\pm$ 9.1	$F_{(2,16)} = 9.05; p = .015$	$F_{(2,32)} = 1.32; p = NS$
	Continuous Ex	8.4 $\pm$ 4.7	20.3 $\pm$ 15.8*	10.2 $\pm$ 5.7	$F_{(2,16)} = 8.88; p = .015$	
CD56 <sup>bright</sup> CLA <sup>-</sup>	HIIE	3.4 $\pm$ 2.0	8.9 $\pm$ 7.2*	5.0 $\pm$ 4.0	$F_{(2,16)} = 10.14; p = .011$	$F_{(2,32)} = 1.79; p = NS$
	Continuous Ex	4.4 $\pm$ 2.7	15.8 $\pm$ 14.4	5.4 $\pm$ 2.5	$F_{(2,16)} = 6.35; p = .035$	
CD56 <sup>dim</sup>	HIIE	101.4 $\pm$ 44.5	568.0 $\pm$ 343.6**	99.9 $\pm$ 55.6	$F_{(2,16)} = 18.41; p = .003$	$F_{(2,32)} = 4.49; p = .05$
	Continuous Ex	151.5 $\pm$ 47.2	1094.5 $\pm$ 229.9**	141.9 $\pm$ 53.1	$F_{(2,16)} = 22.72; p = .001$	
CD56 <sup>dim</sup> CLA <sup>+</sup>	HIIE	20.6 $\pm$ 10.0	77.7 $\pm$ 43.8**	19.0 $\pm$ 7.6	$F_{(2,16)} = 22.68; p = .001$	$F_{(2,32)} = 3.21; p = NS$
	Continuous Ex	23.3 $\pm$ 7.8	121.8 $\pm$ 60.8**	21.7 $\pm$ 8.9	$F_{(2,16)} = 25.51; p = .001$	
CD56 <sup>dim</sup> CLA <sup>-</sup>	HIIE	80.7 $\pm$ 44.0	490.3 $\pm$ 345.8*	81.0 $\pm$ 55.0	$F_{(2,16)} = 14.16; p = .005$	$F_{(2,32)} = 3.75; p = NS$
	Continuous Ex	128.2 $\pm$ 135.3	972.7 $\pm$ 689.1**	120.3 $\pm$ 152.3	$F_{(2,16)} = 18.19; p = .003$	

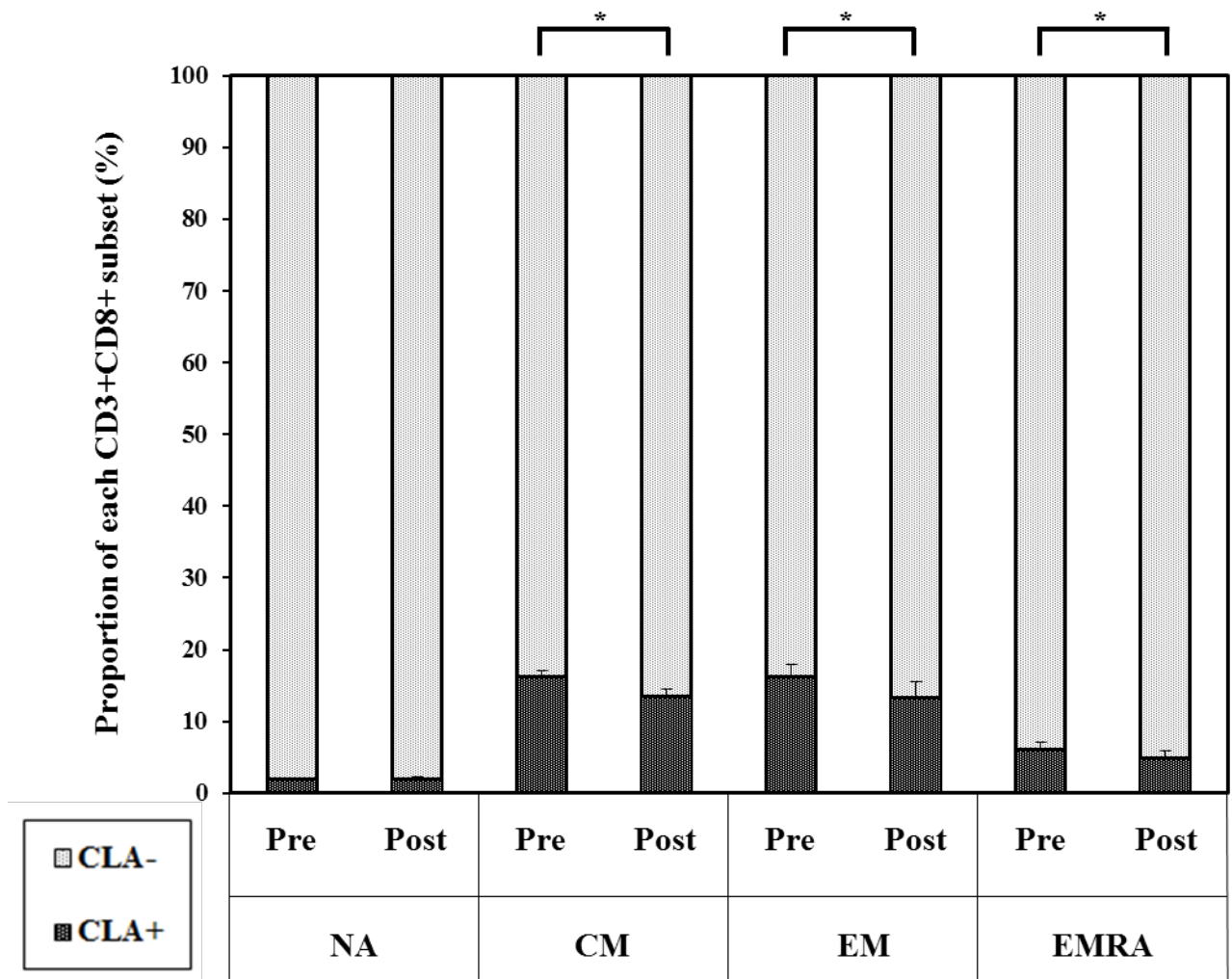
\* $p < .05$  in comparison to baseline\*\*  $p < .01$  in comparison to baselineNS  $p > .05$

**Figure 1**

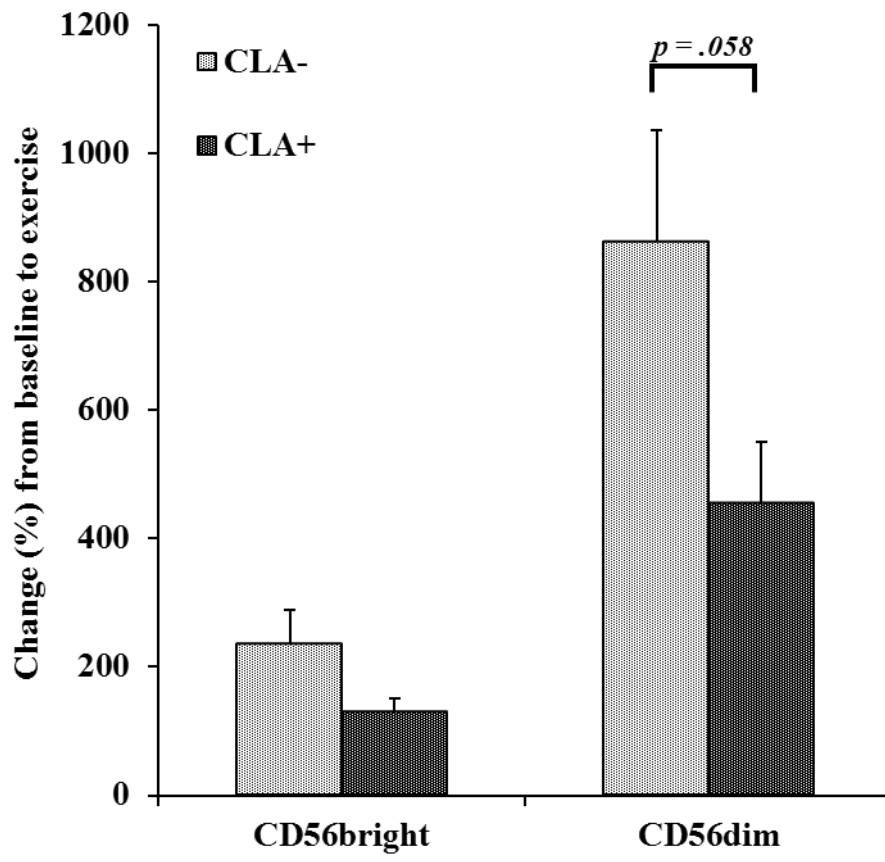




**Figure 2**



**Figure 3**



**Figure 4**

