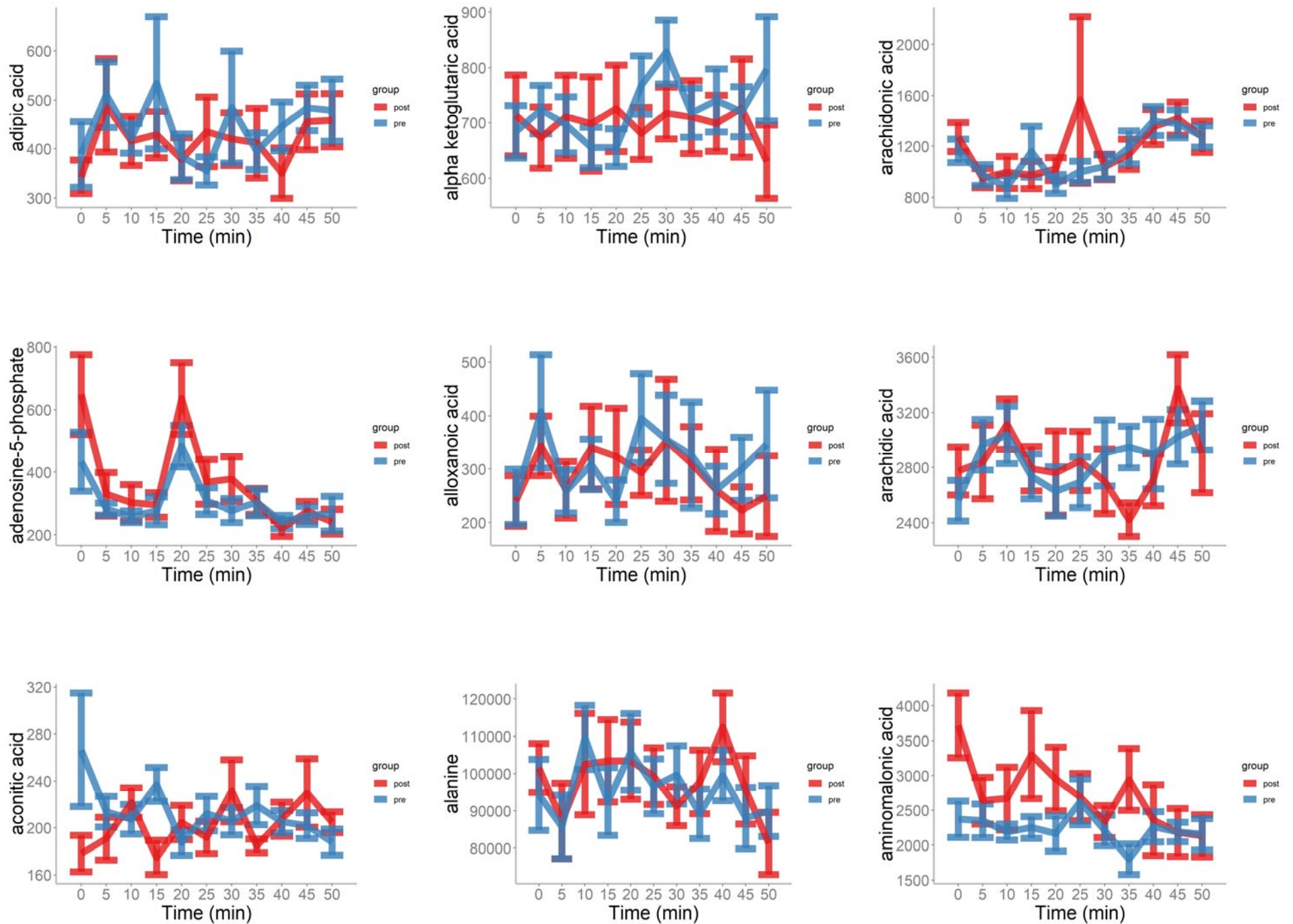
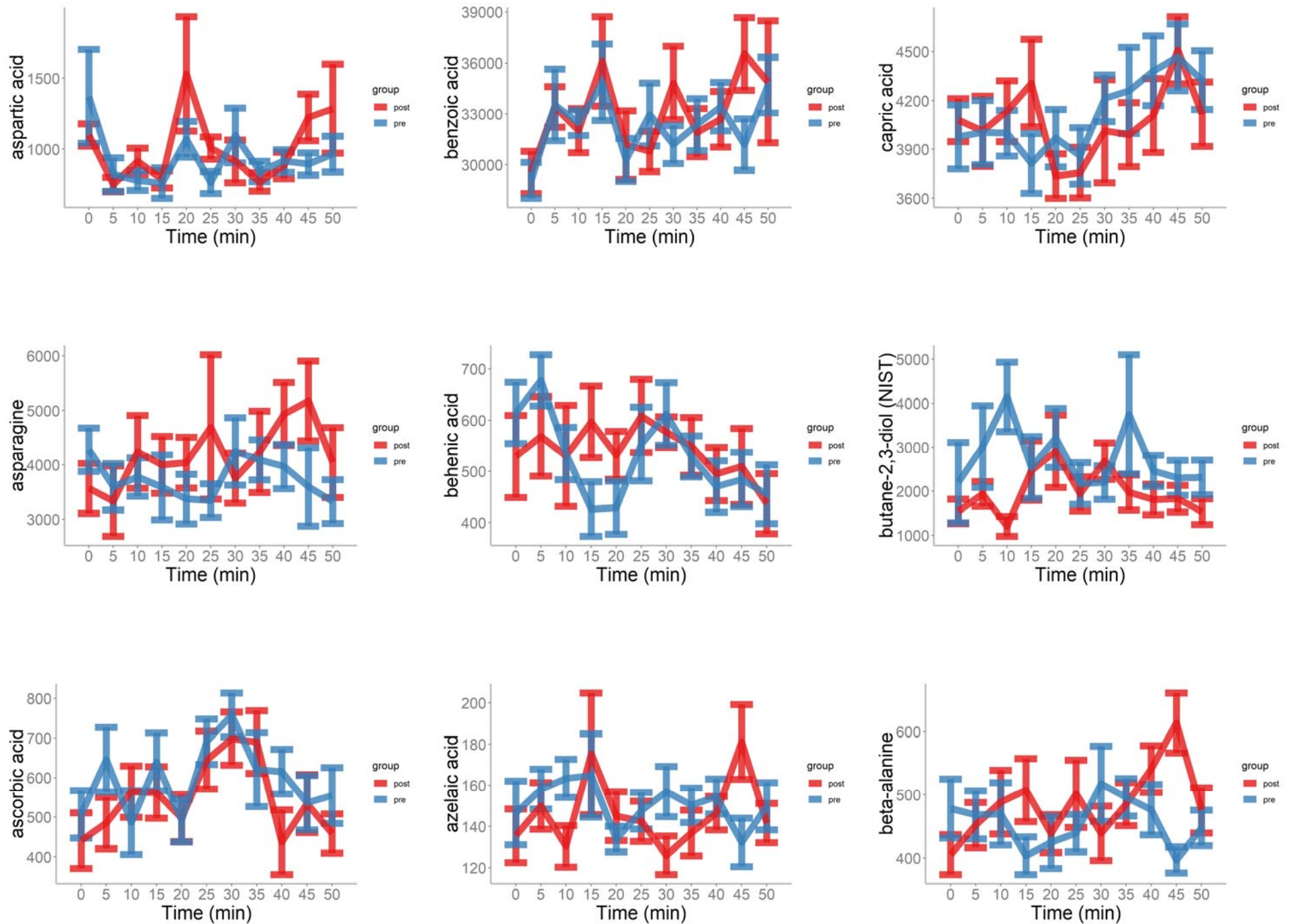


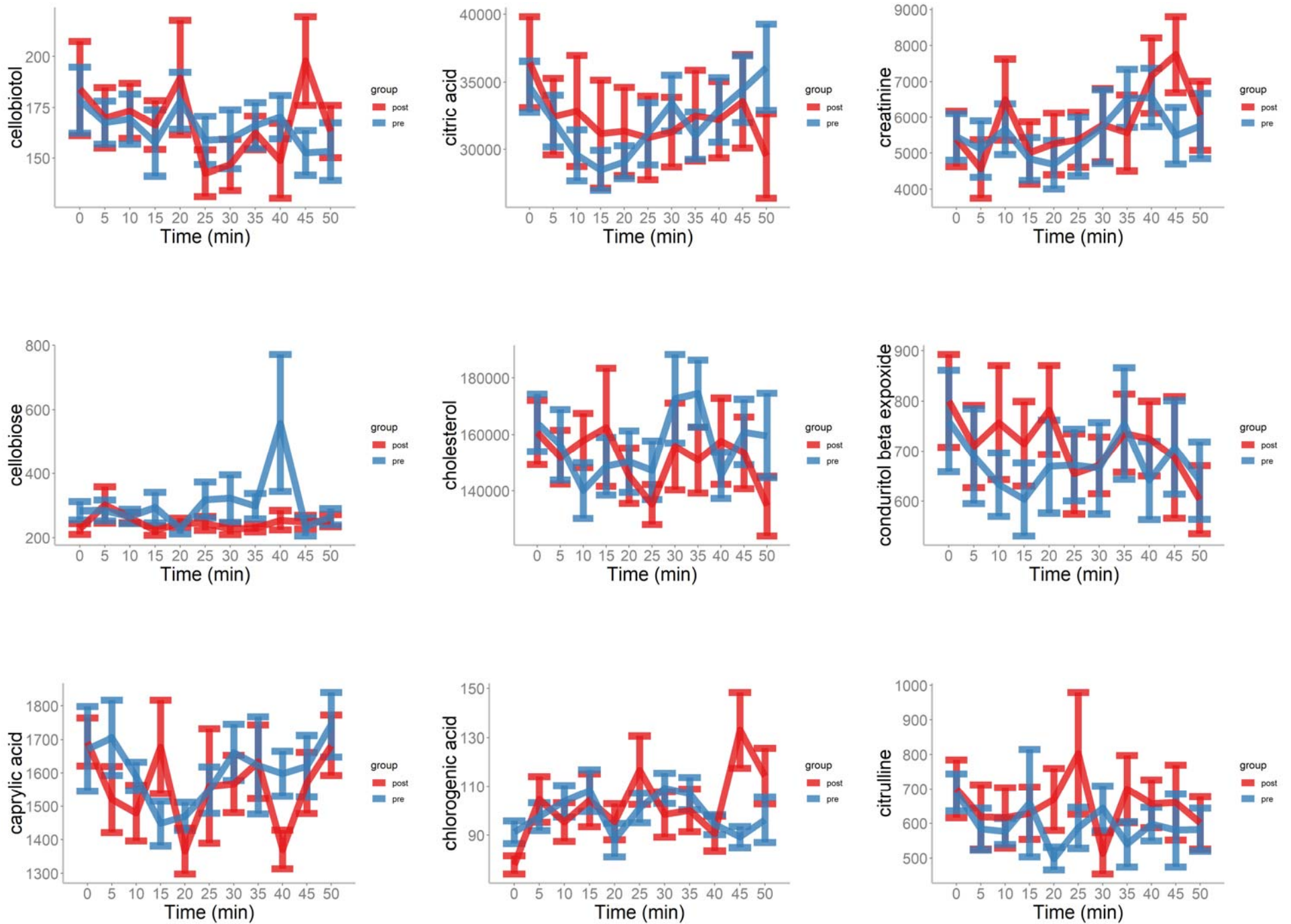
**Supporting Materials 1A** (Grapov et al.)– Individual annotated metabolite concentration excursions during 30 min. fixed-workload exercise (ergonomic cycle) and 20 min. recovery in adult obese, sedentary, insulin-resistant women, before (pre-, n=15) and after (post-, n=12) a ~14 week weight loss and fitness regimen that significantly improved metabolic health. Concentrations are derived from metabolomics analysis and depicted here as means  $\pm$  SEM based on quantifier peak ion heights.

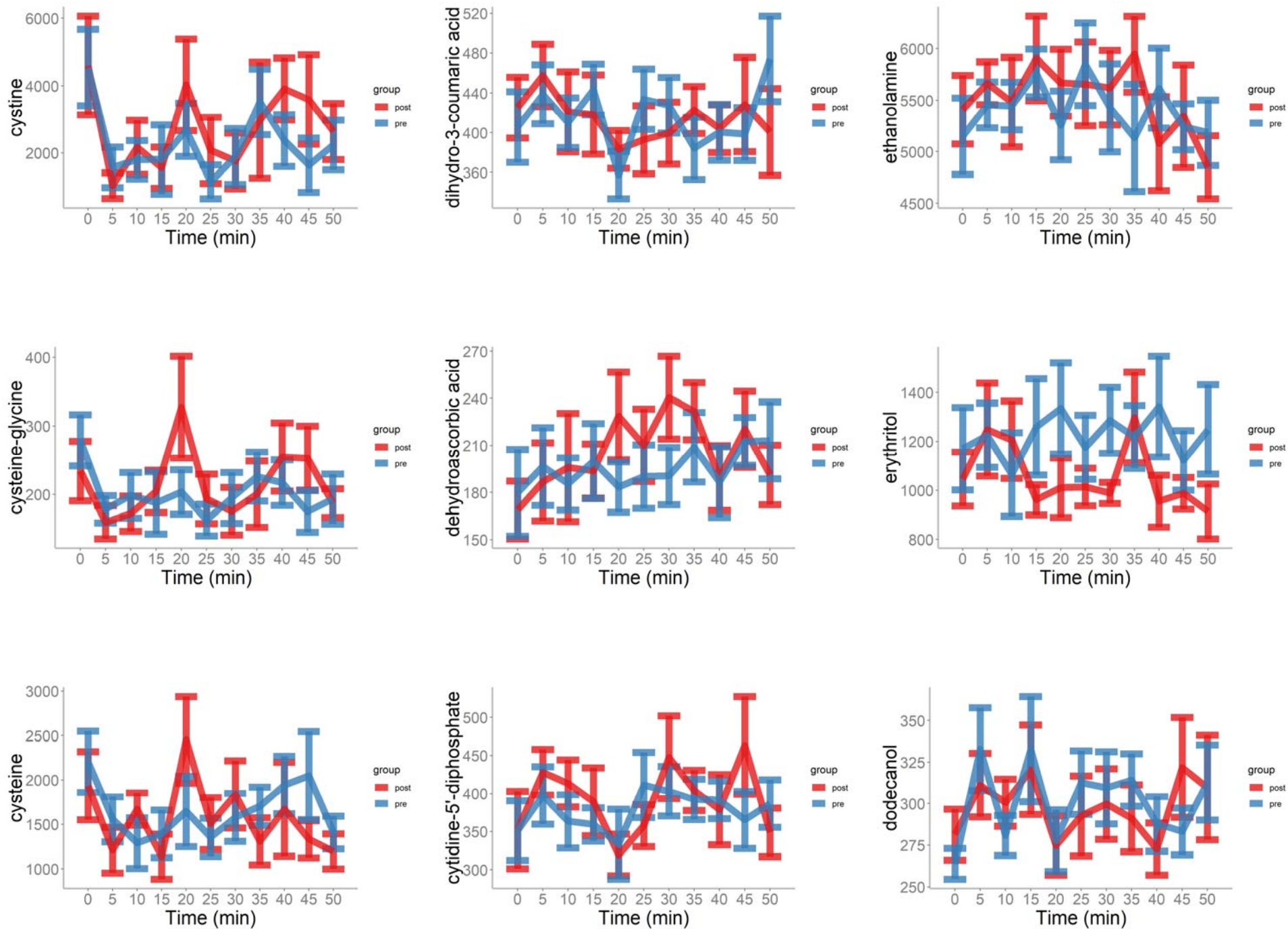
**Supporting Materials 1B** (Grapov et al.)– NOTE: THIS SET OF FIGURES WITH A SINGLE SOLID LINE TRACKING EXCURSIONS OF INDIVIDUAL METABOLITES FOLLOWS THE 1A FIGURES THAT HAVE 2 LINES (BLUE AND RED). Individual annotated metabolite concentration excursions during 30 min. fixed-workload exercise (ergonomic cycle) and 20 min. recovery in adult obese, sedentary, insulin-resistant women, using data combined from before and after a ~14 week weight loss and fitness regimen. Residuals were used from linear model for intervention (intervention-adjusted) over the measured time points (see Methods in the main paper). Concentrations are semi-quantitative and derived from metabolomics analysis and depicted here as means  $\pm$  SEM based on quantifier peak ion heights.



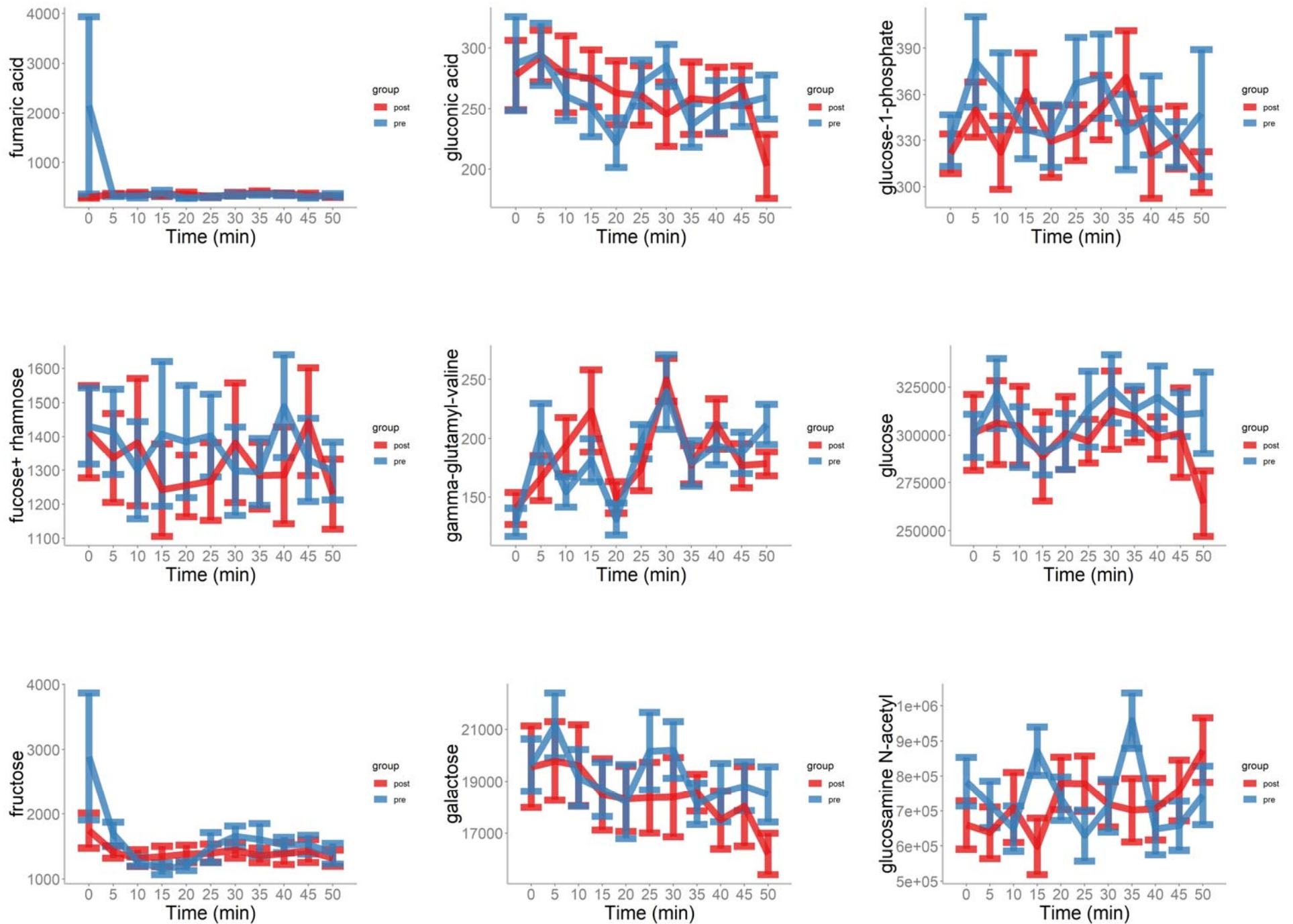


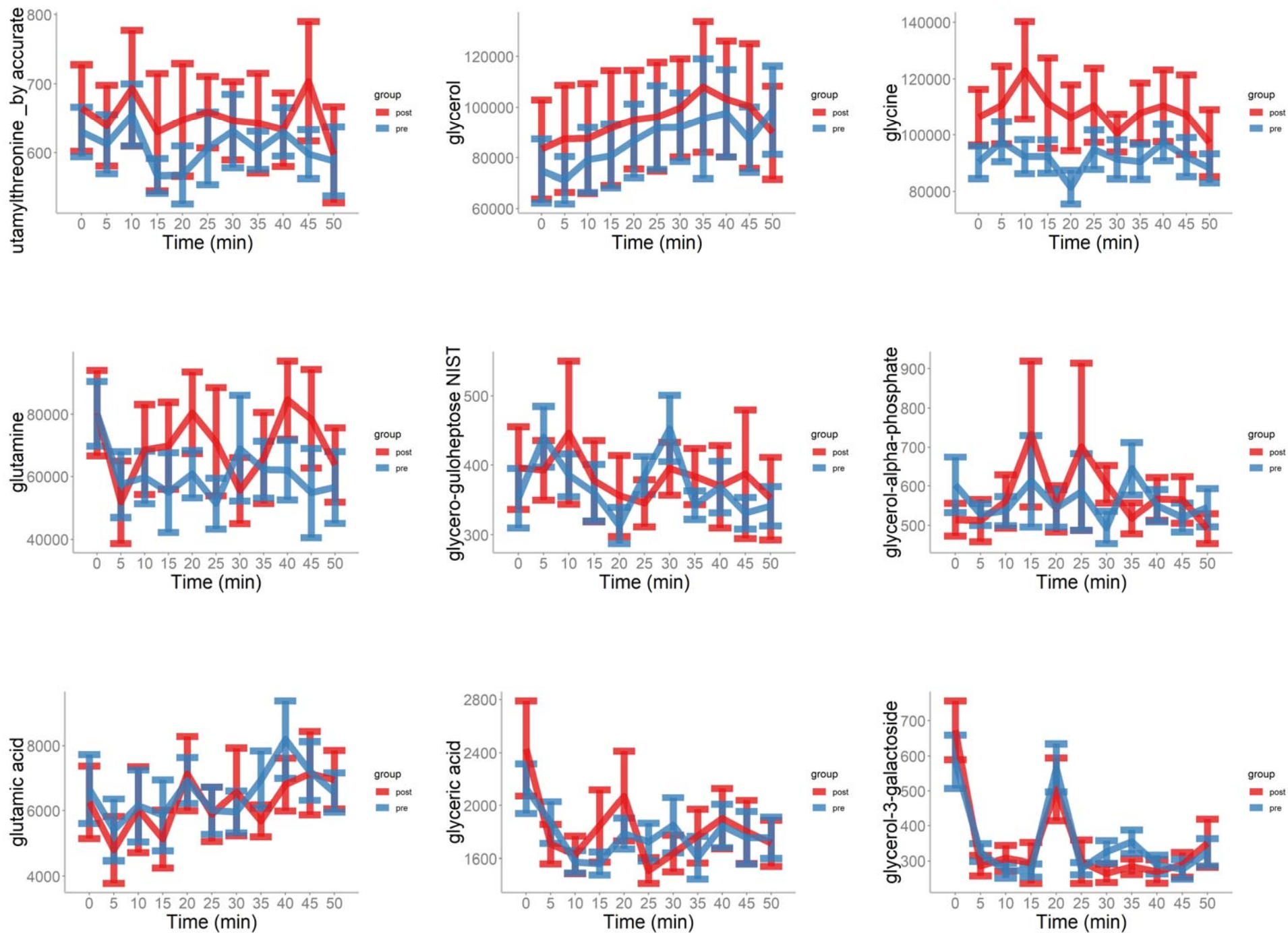




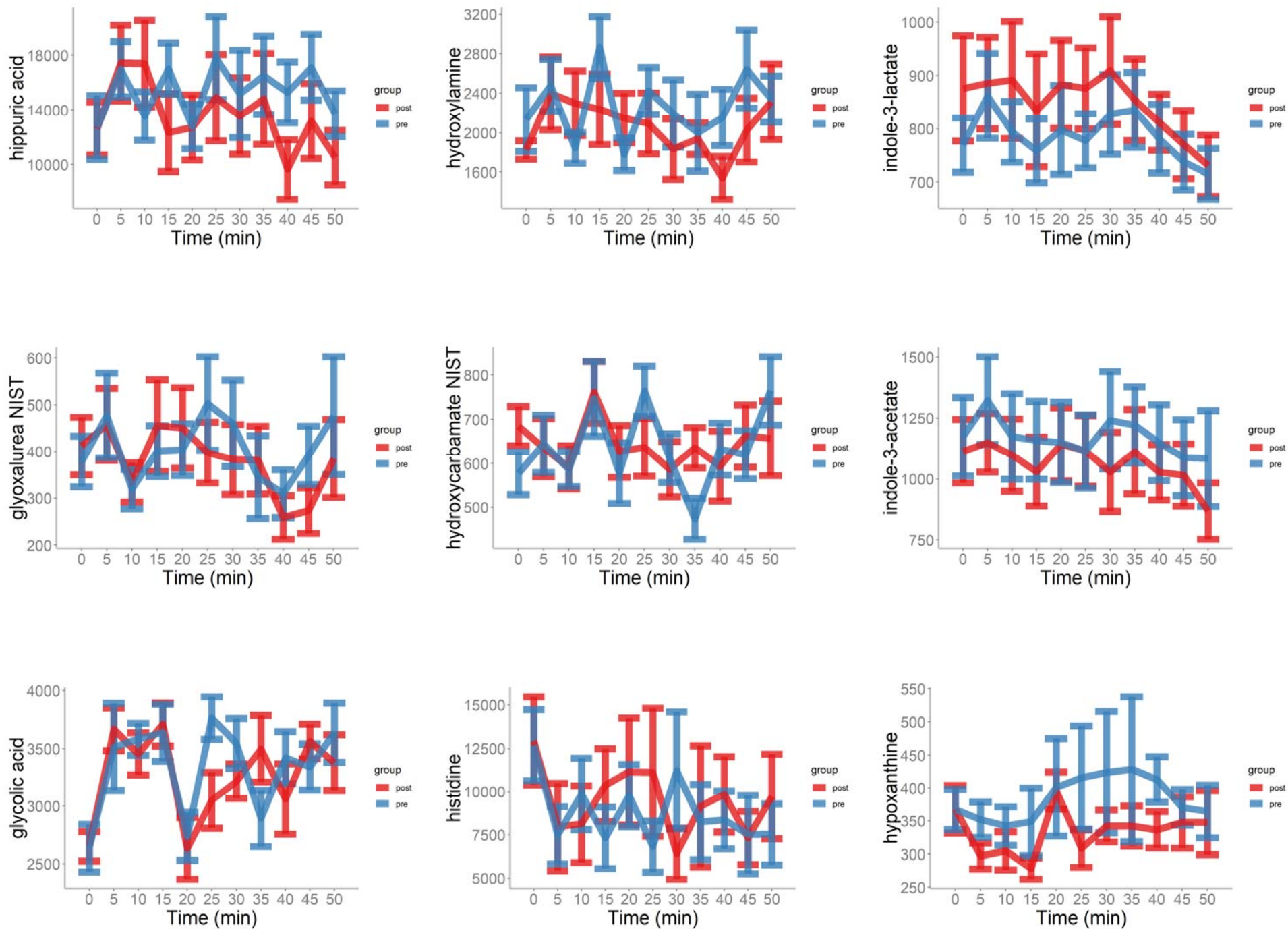


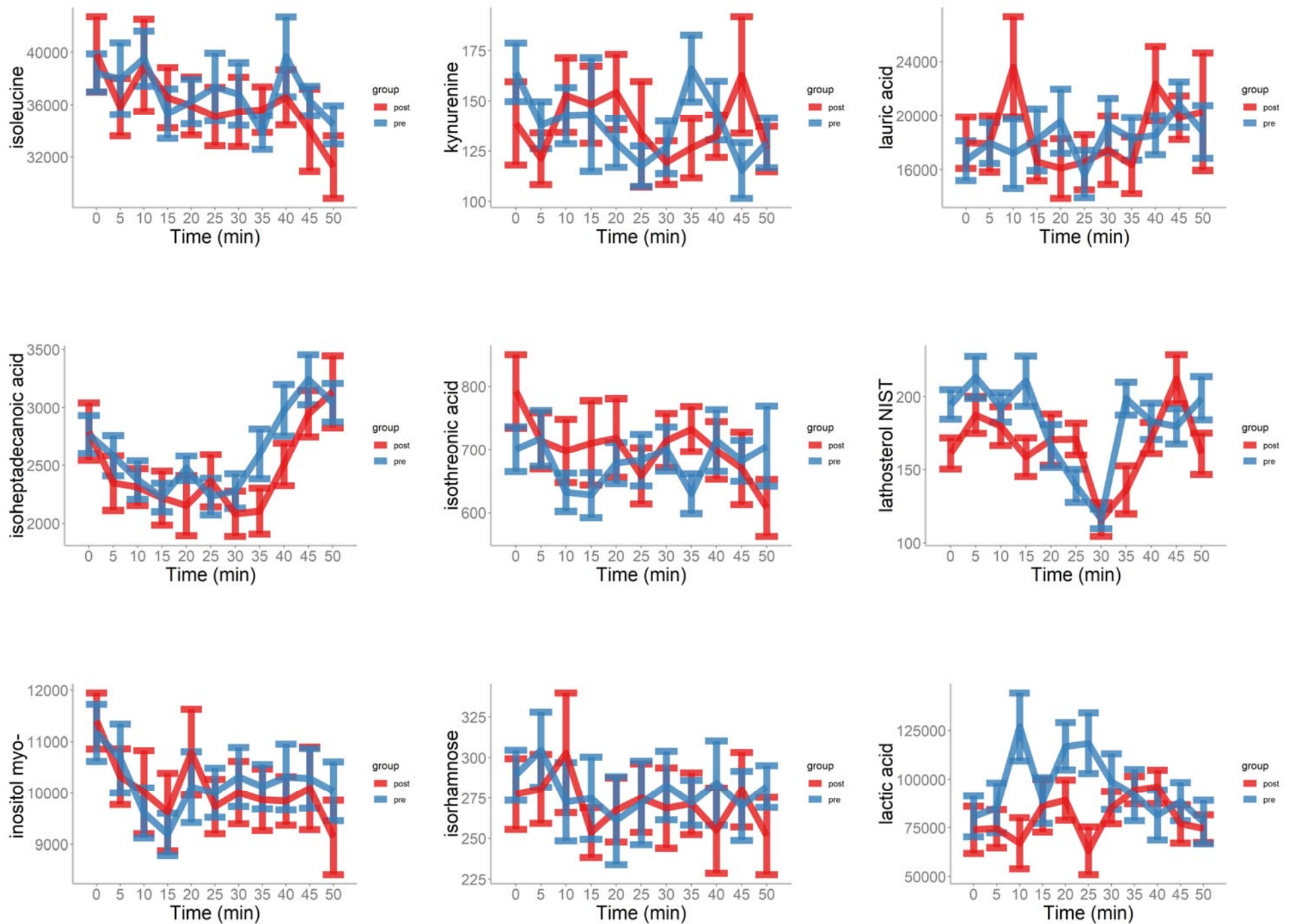


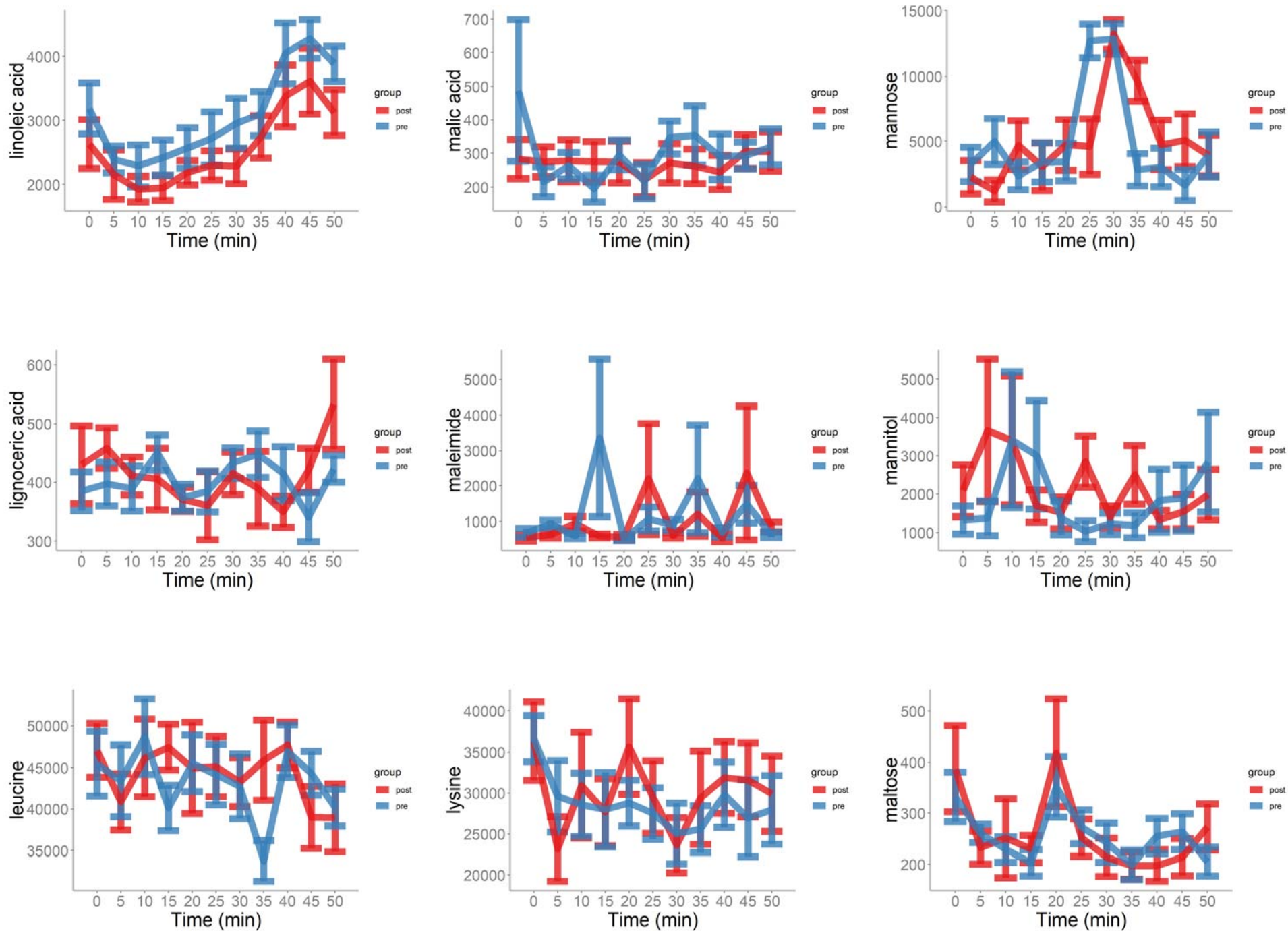




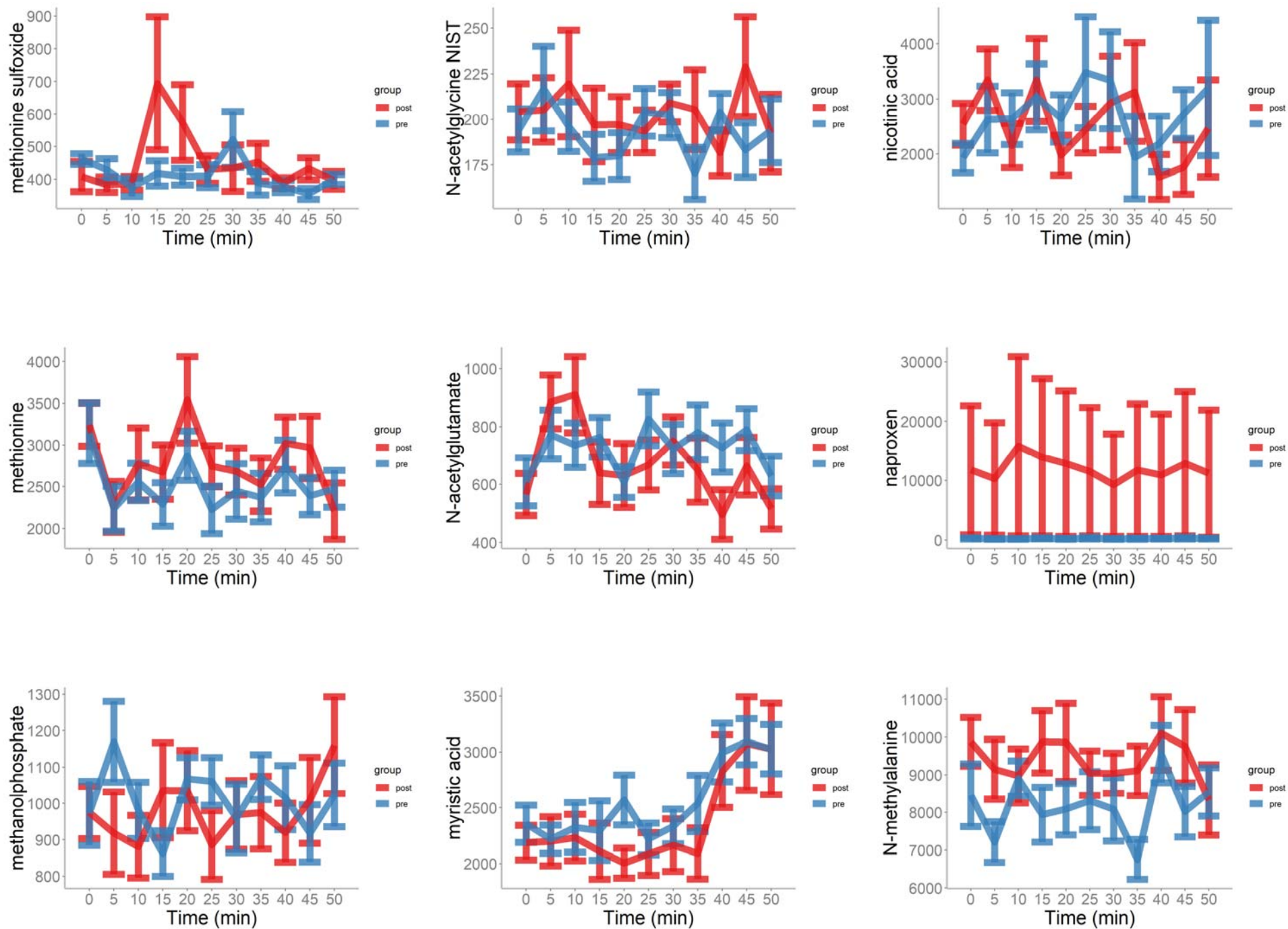


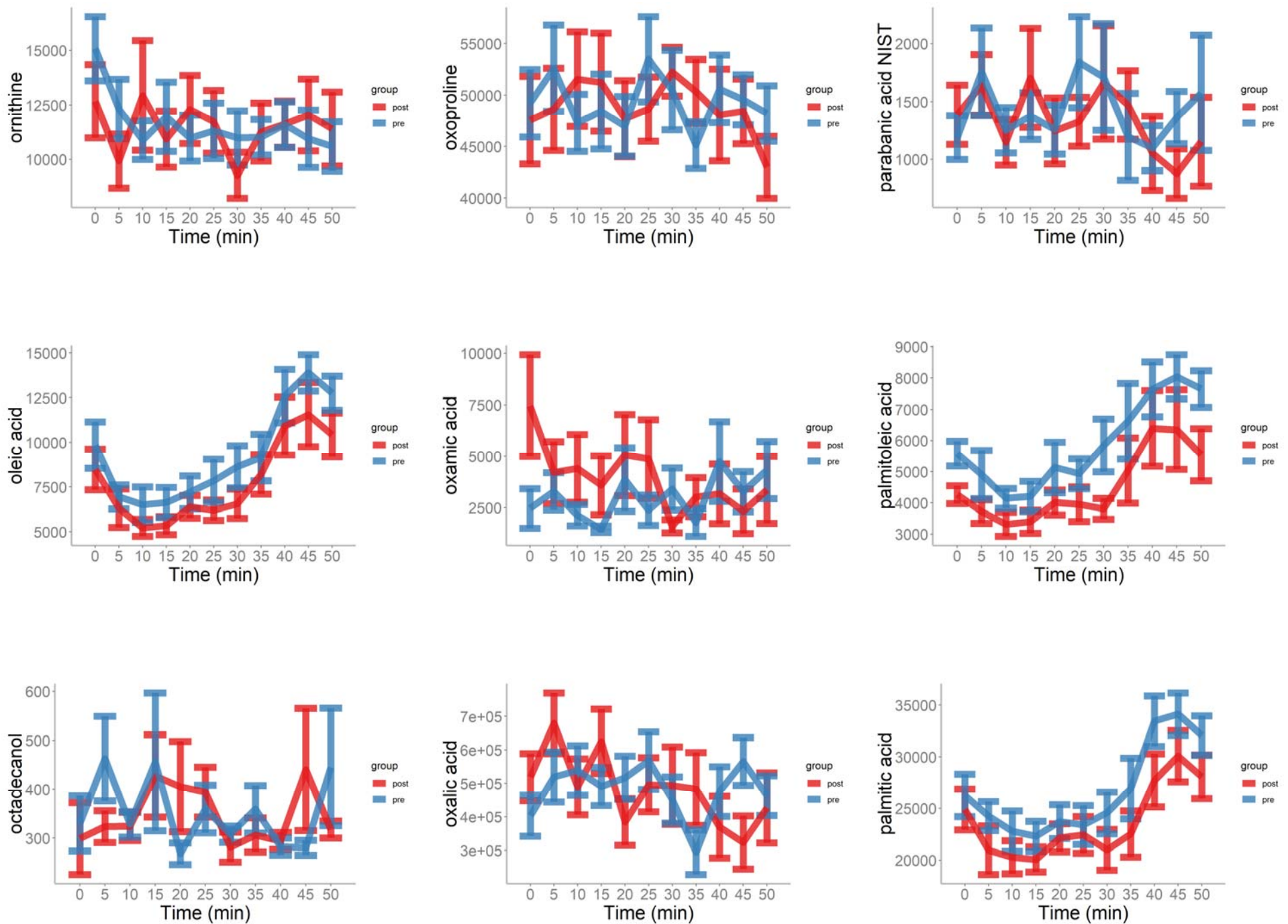




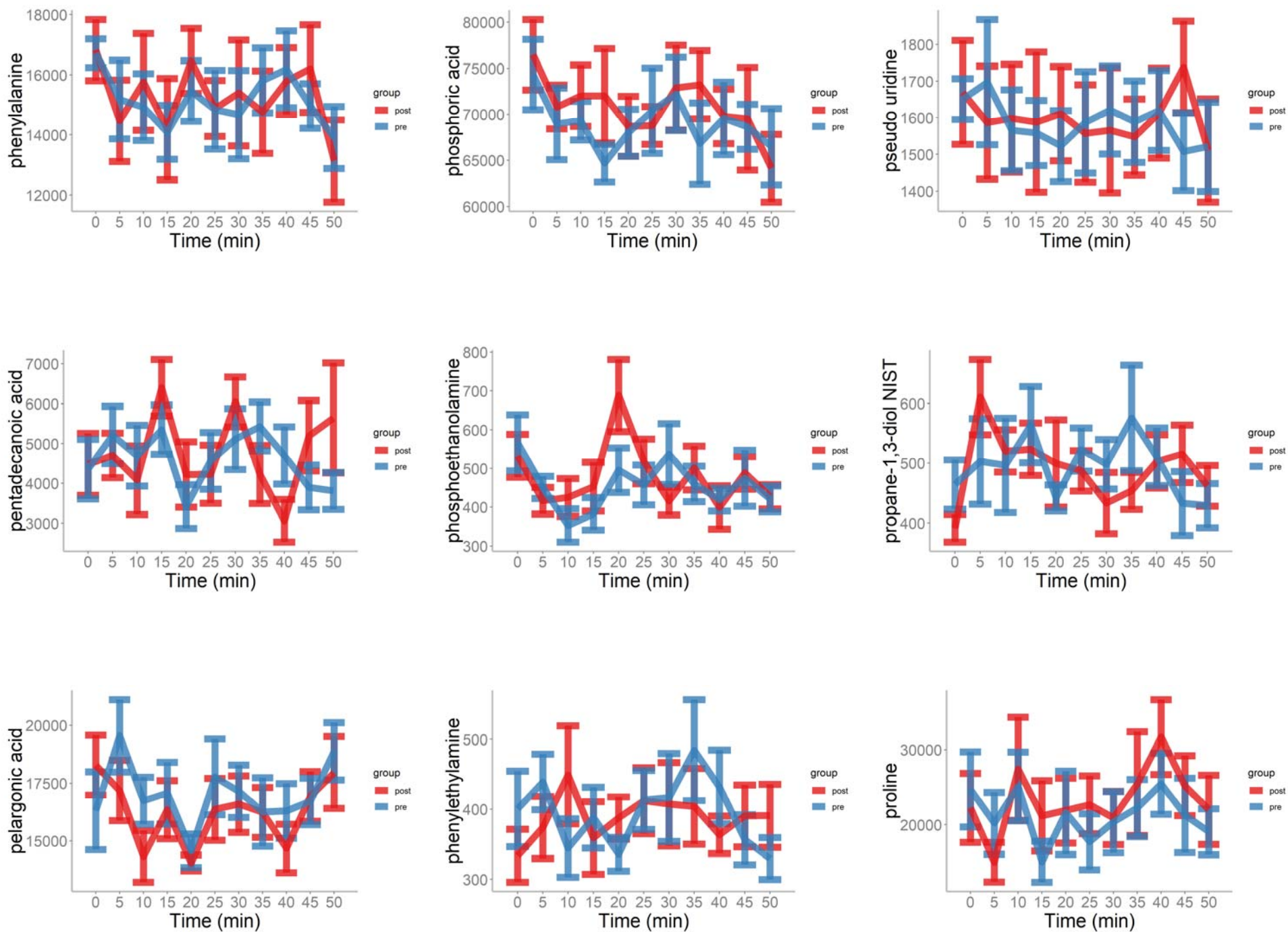


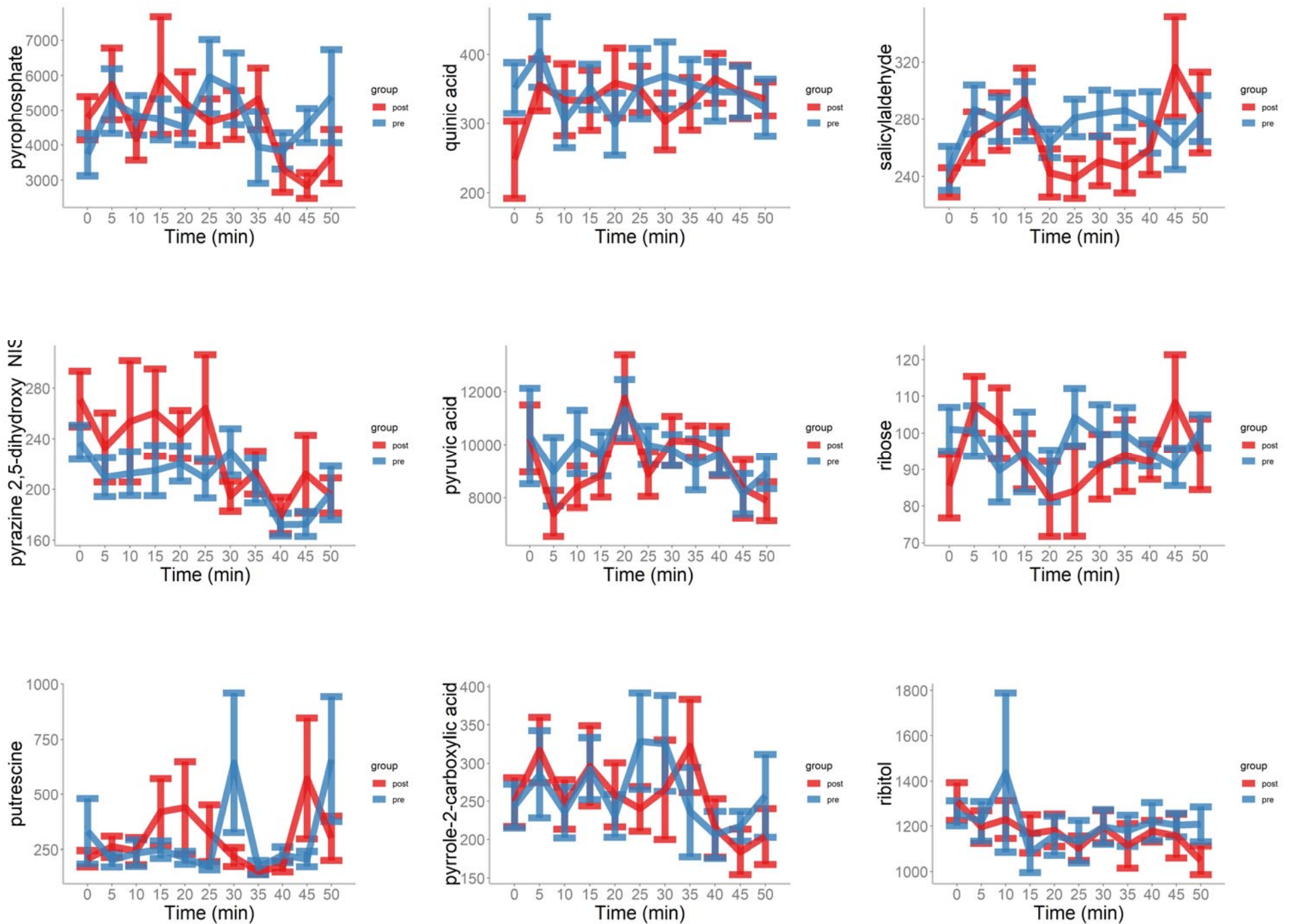


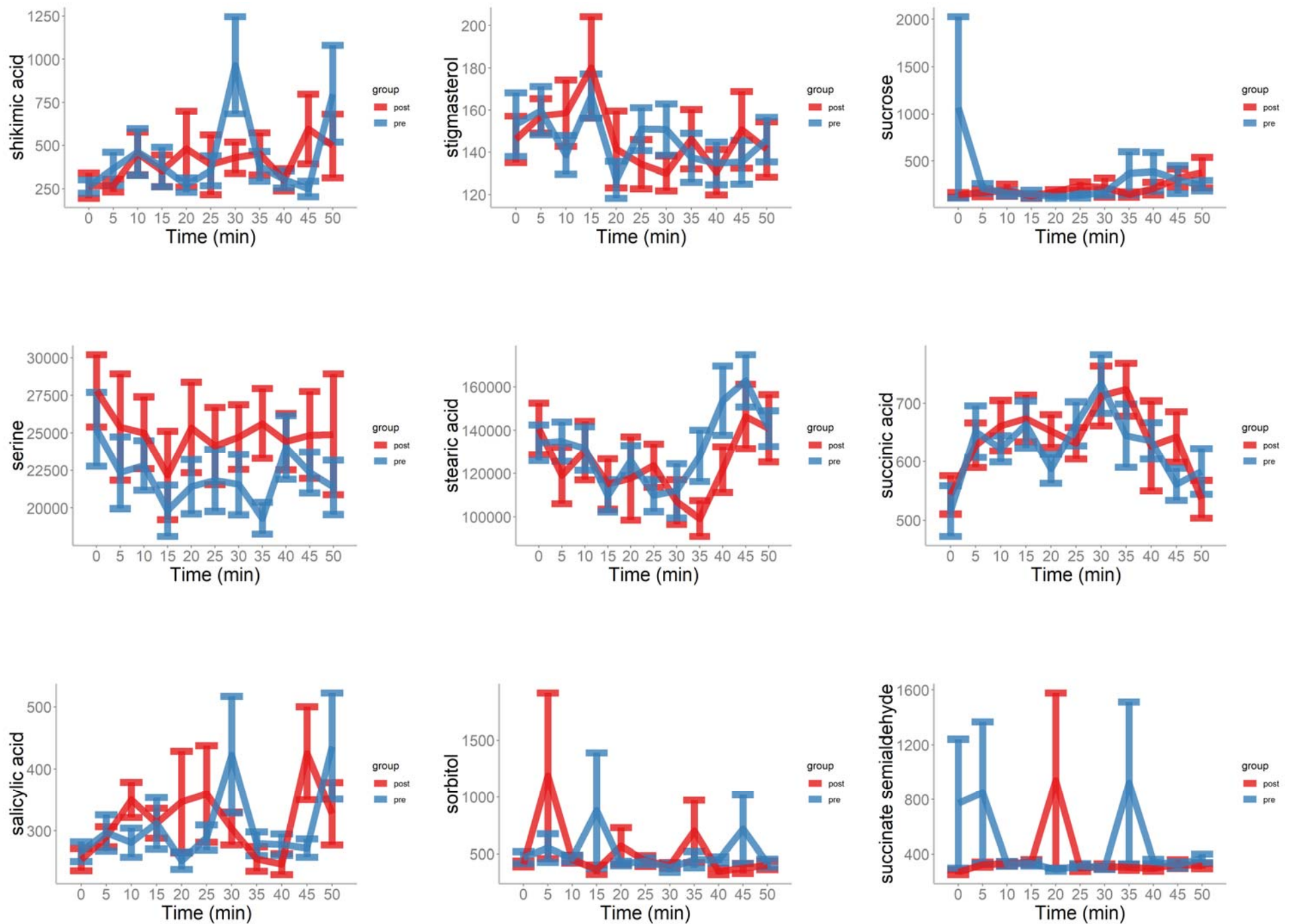




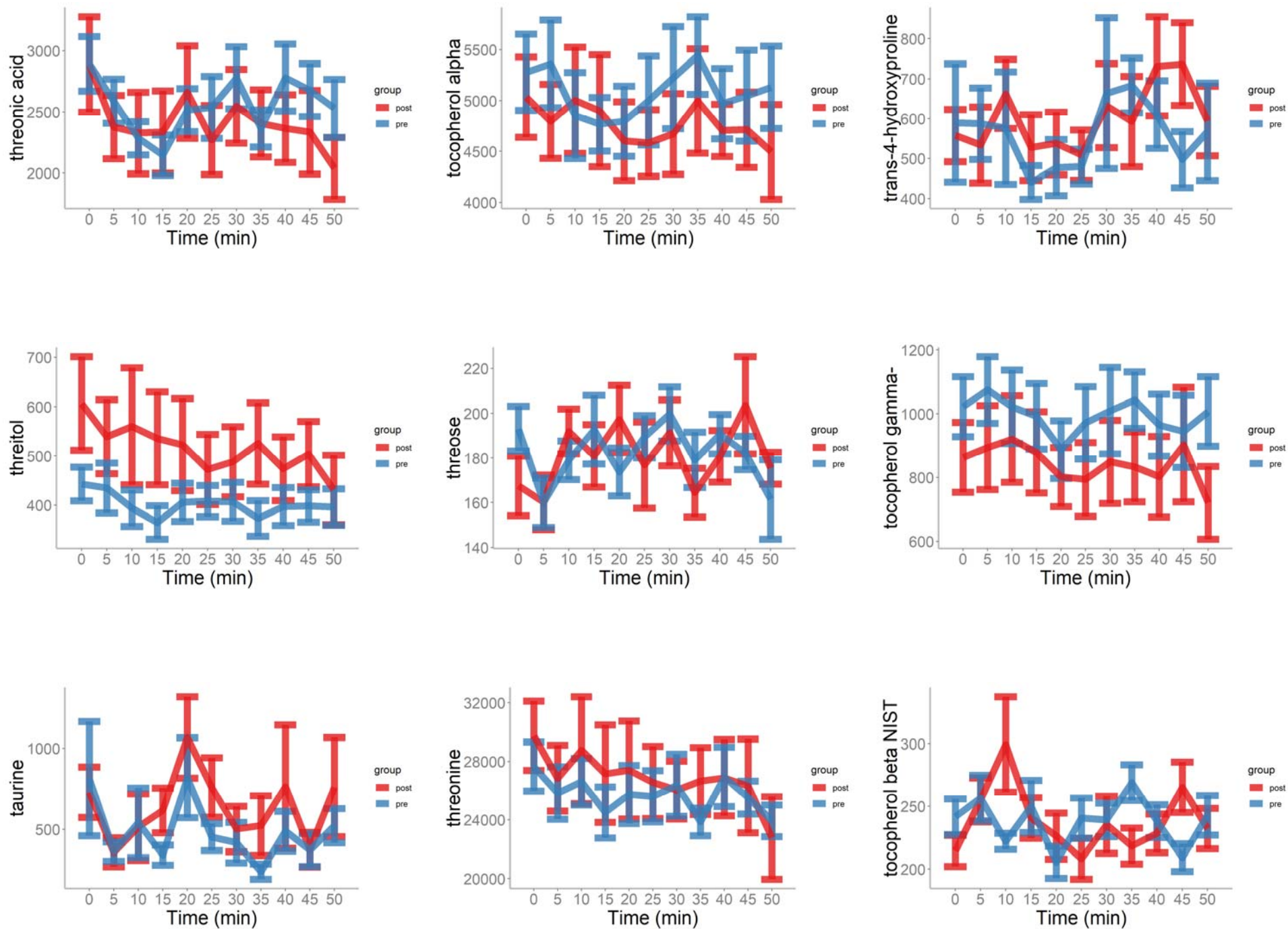


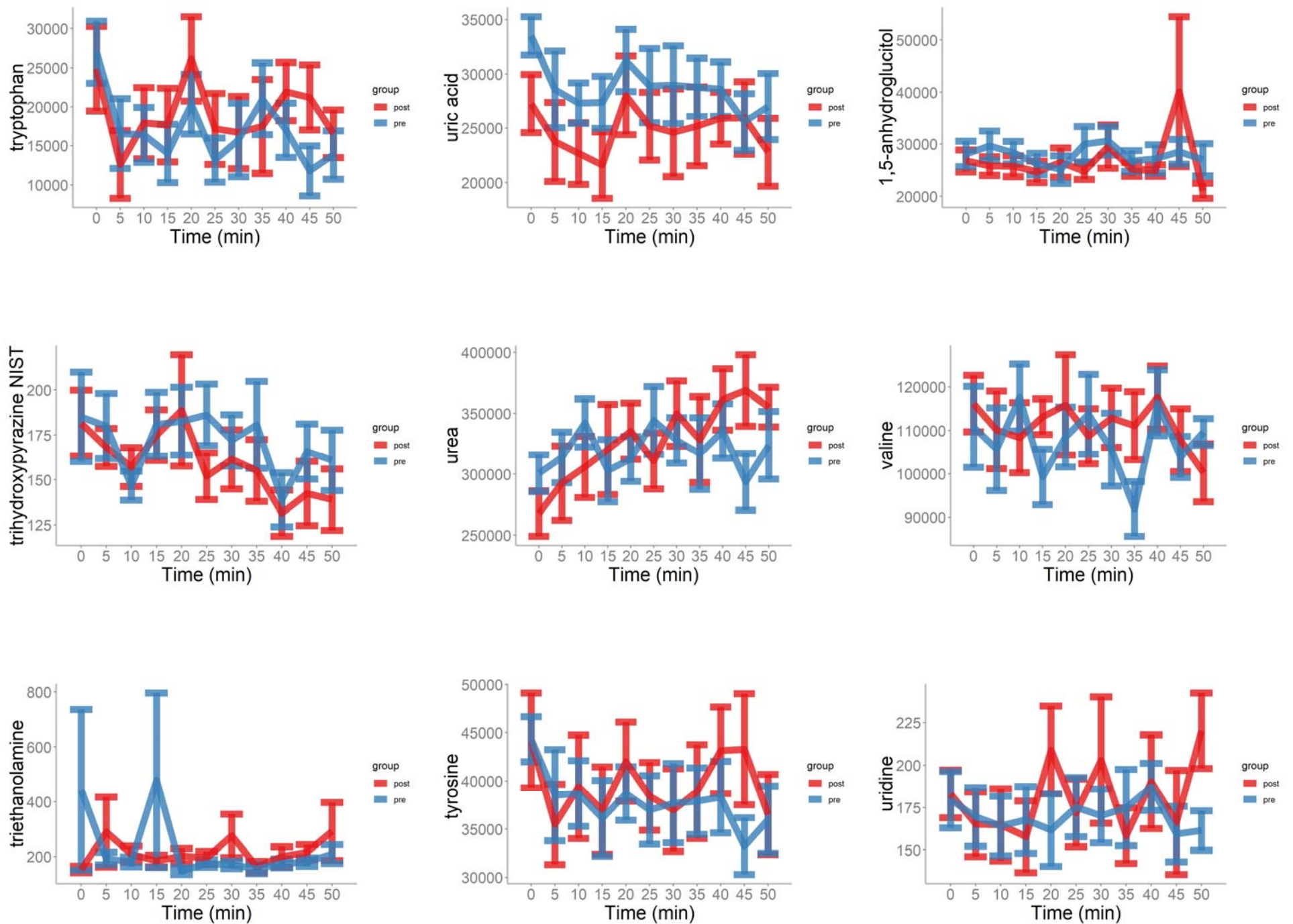




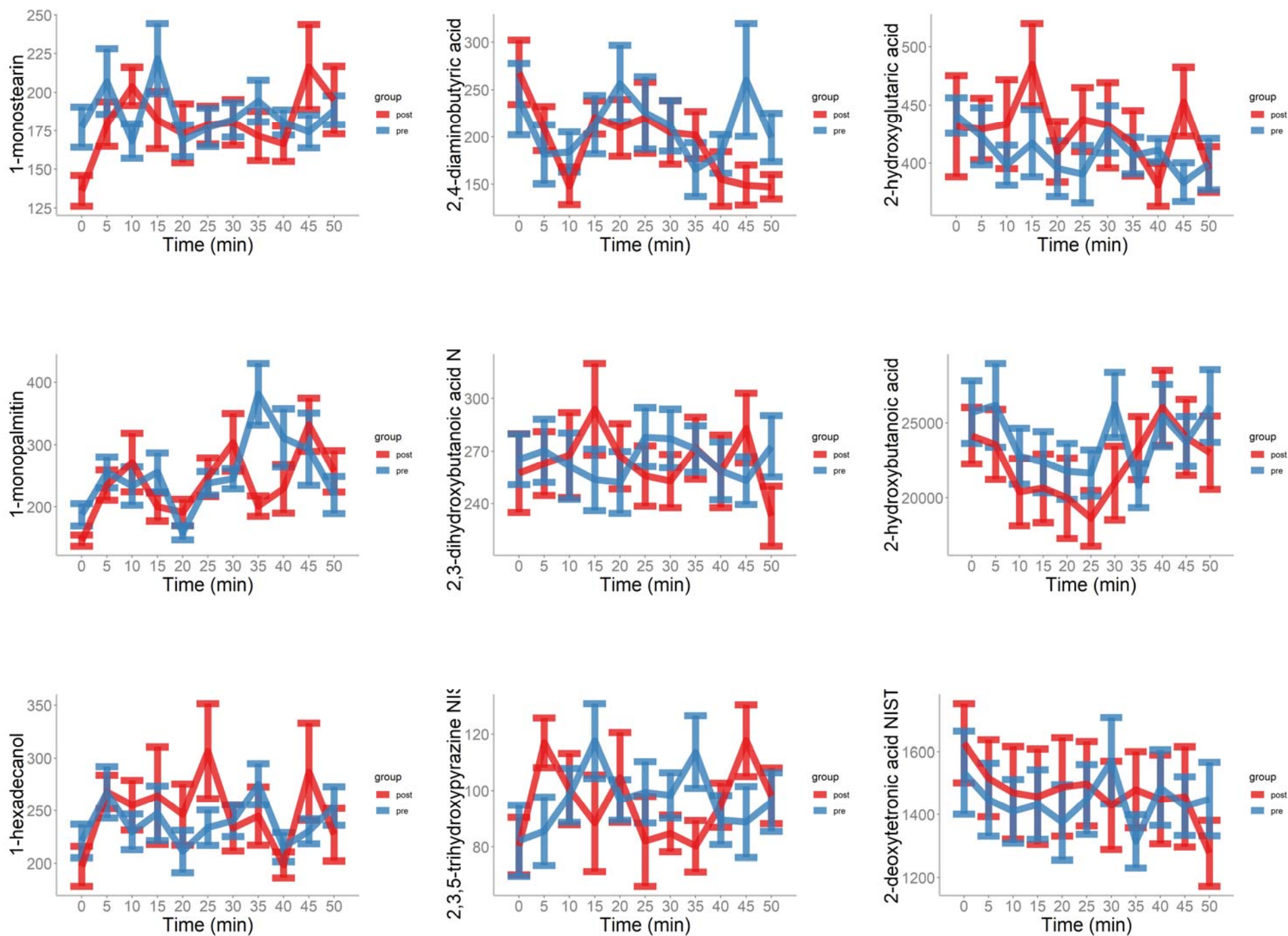


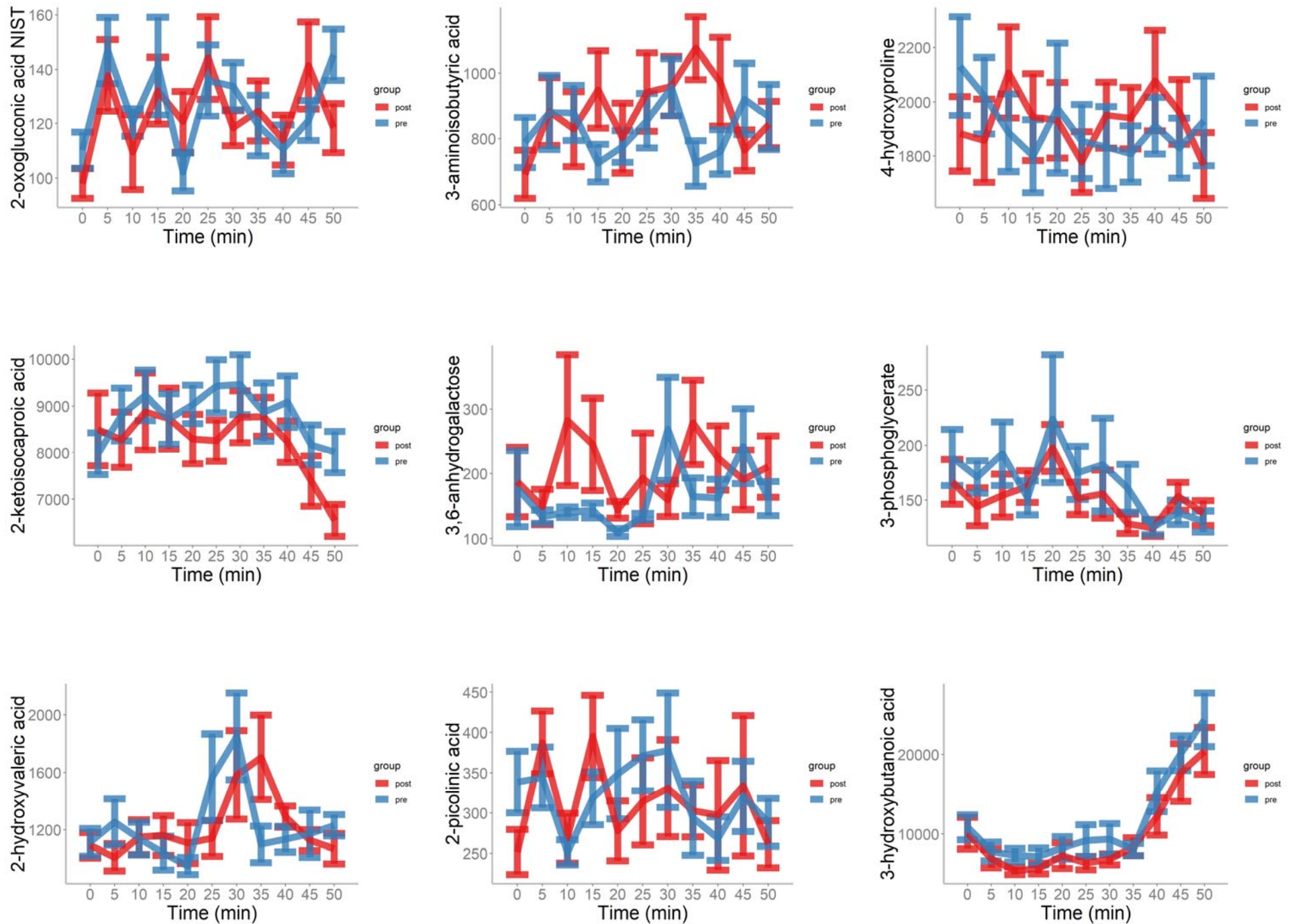


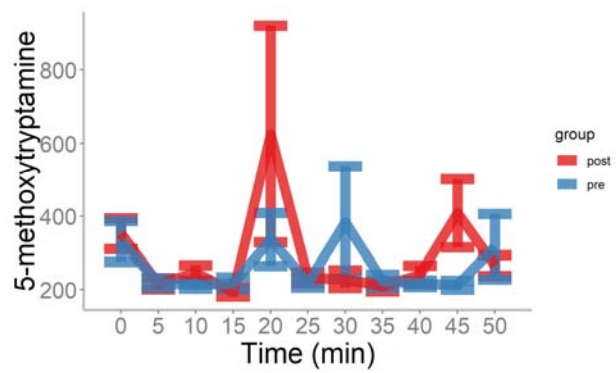
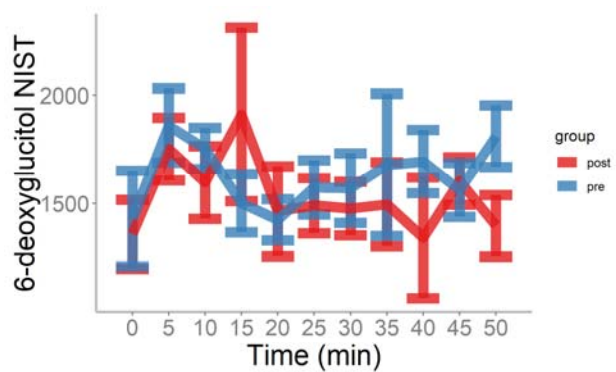
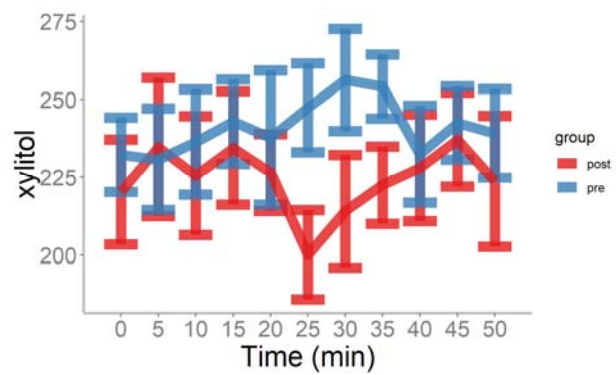












**Supporting Materials 1B** (Grapov et al.)– Individual annotated metabolite concentration excursions during 30 min. fixed-workload exercise (ergonomic cycle) and 20 min. recovery in adult obese, sedentary, insulin-resistant women, using data combined from before and after a ~14 week weight loss and fitness regimen that significantly improved metabolic health. Residuals were used from linear model for intervention (intervention-adjusted) over the measured time points (see Methods in the main paper). Concentrations are semi-quantitative and derived from metabolomics analysis and depicted here as means  $\pm$  SEM based on quantifier peak ion heights.

