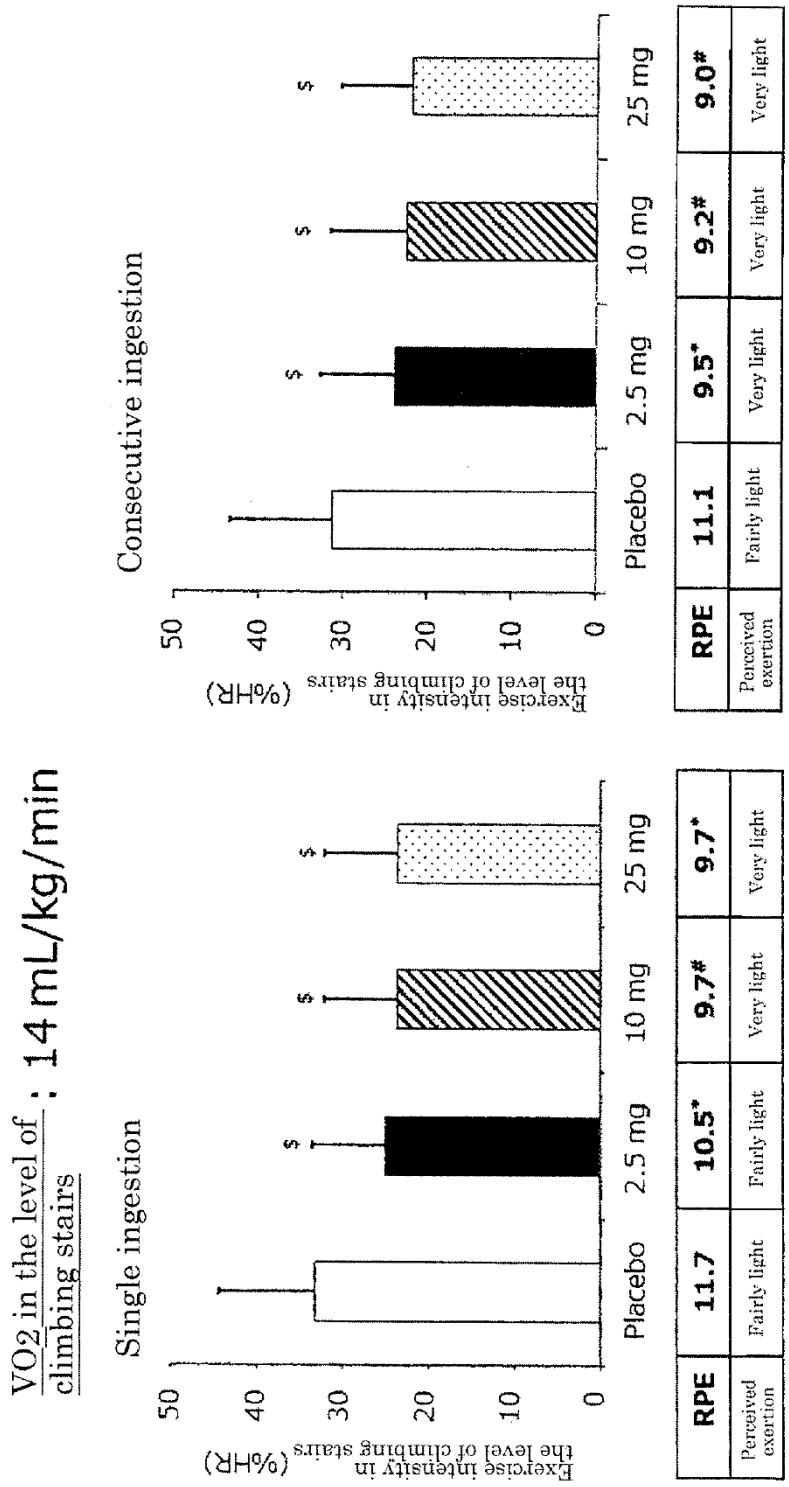
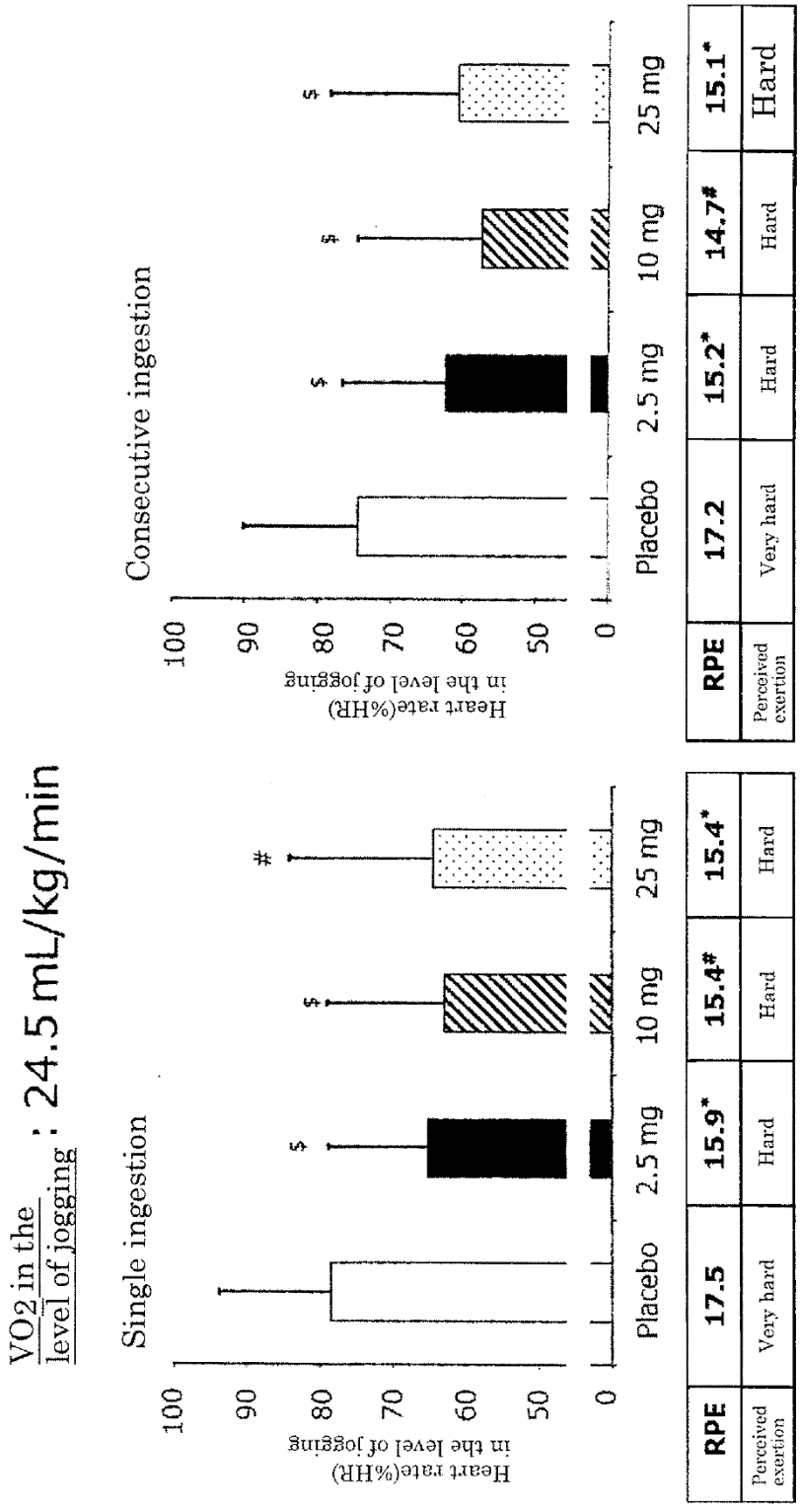
Fig. 6-1



Differences at all intensities were analyzed by two-way repeated measures ANOVA with Tukey-corrected post hoc tests.
*$p<0.01$, #$p<0.001$, $p<0.0001$ vs Placebo

Fig. 6-2

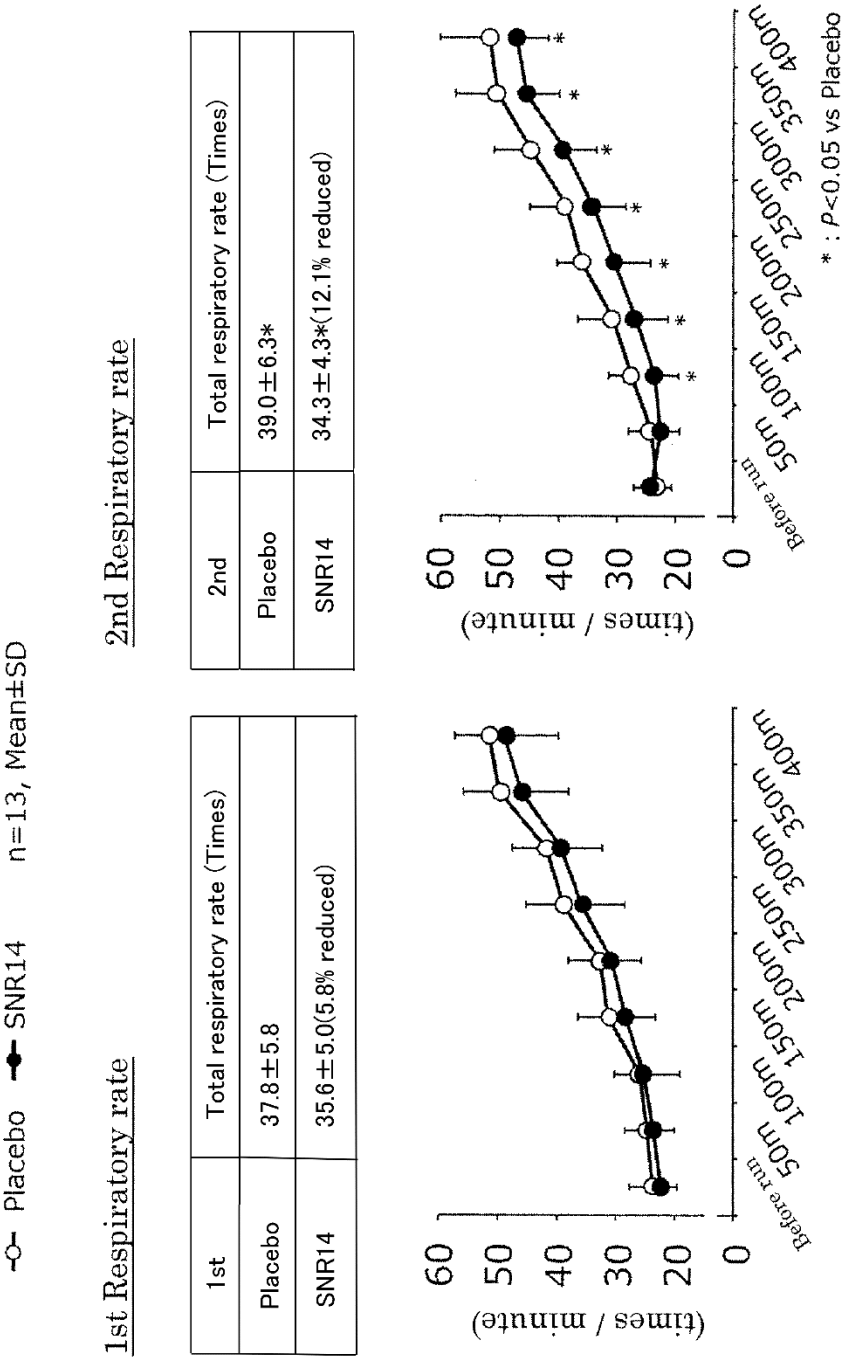


RPE	17.5	15.9*	15.4#	15.4*
Perceived exertion	Very hard	Hard	Hard	Hard

RPE	17.2	15.2*	14.7#	15.1*
Perceived exertion	Very hard	Hard	Hard	Hard

Differences at all intensities were analyzed by two-way repeated measures ANOVA with Tukey-corrected post hoc tests.
*$p<0.05$, #$p<0.001$, $p<0.0001$ vs Placebo

Fig. 11



1st	Total respiratory rate (Times)
Placebo	37.8±5.8
SNR14	35.6±5.0(5.8% reduced)

2nd	Total respiratory rate (Times)
Placebo	39.0±6.3*
SNR14	34.3±4.3*(12.1% reduced)