Supplementary 1.

Wilcoxon signed ranks test on rotarod data on MCAO+HIIT group.

	Z	*p*-value
D+1 vs D-1	-.507[c]	0.612
D+7 vs D+1	-1.352[d]	0.176
D+7 vs D-1	-.524[d]	0.600
D+13 vs D+7	-1.363[d]	0.173
D+13 vs D+1	-2.366[d]	0.018
D+13 vs D-1	-1.859[d]	0.063

[c]Based on negative ranks; [d]Based on positive ranks.

Supplementary 2.

Wilcoxon signed rank test on SLHR data on MCAO and MCAO+HIIT groups.

	Groups	Z	*p*-value
D+1 vs D-1	MCAO	-.105[c]	0.917
	MCAO+HIIT	-1.997[c]	0.046
D+7 vs D+1	MCAO	-.314[c]	0.753
	MCAO+HIIT	-1.753[d]	0.080
D+7 vs D-1	MCAO	-.507[c]	0.612
	MCAO+HIIT	-.105[d]	0.916
D+13 vs D+7	MCAO	-2.197[d]	0.028
	MCAO+HIIT	-1.521[d]	0.128
D+13 vs D+1	MCAO	-2.236[d]	0.018
	MCAO+HIIT	-2.366[d]	0.018
D+13 vs D-1	MCAO	-1.690[d]	0.091
	MCAO+HIIT	-1.524[d]	0.128

[c]Based on negative ranks; [d]Based on positive ranks.

Supplementary 3.

Wilcoxon signed rank test on SLFR data on MCAO and MCAO+HIIT groups.

	Groups	Z	*p*-value
D+1 vs D-1	MCAO	-.406[c]	0.684
	MCAO+HIIT	-1.690[c]	0.091
D+7 vs D+1	MCAO	-.405[d]	0.686
	MCAO+HIIT	-2.207[d]	0.027
D+7 vs D-1	MCAO	-.085[c]	0.933
	MCAO+HIIT	-.507[c]	0.612
D+13 vs D+7	MCAO	-2.028[d]	0.043
	MCAO+HIIT	-1.521[d]	0.128
D+13 vs D+1	MCAO	-2.371[d]	0.018
	MCAO+HIIT	-1.859[d]	0.063
D+13 vs D-1	MCAO	-2.197[d]	0.028
	MCAO+HIIT	-1.219[d]	0.223

[c]Based on negative ranks; [d]Based on positive ranks.

Supplementary 4.

Bonferroni post-hoc analysis on neuron density.

Groups 1	Group 2	Mean Difference (J-J)	Std. Error	*p*-value
Sham	MCAO	.0038857*	.0003339	<0.001
	MCAO+MIIT	.0029714*	.0003339	<0.001
	MCAO+HIIT	.0001714	.0003339	1.000
MCAO	Sham	-.0038857*	.0003339	<0.001
	MCAO+MIIT	-.0009143	.0003339	0.069
	MCAO+HIIT	-.0037143*	.0003339	<0.001
MCAO+MIIT	Sham	-.0029714*	.0003339	<0.001
	MCAO	.0009143	.0003339	0.069
	MCAO +HIIT	-.0028000	.0003339	<0.001
MCAO+HIIT	Sham	-.0001714	.0003339	1.000
	MCAO	.0037143*	.0003339	<0.001
	MCAO+HIIT	.0028000*	.0003339	<0.001

*The mean difference is significant if $p<0.05$.