

**Table III. Changes in capacity by size of ejection fraction, mean and quartiles.**

<b><i>Ejection fraction (EF)</i></b>	<b><i>Basic measurement (w/kg)</i></b>	<b><i>Final measurement (w/kg)</i></b>	<b><i>Difference</i></b>	<b><i>Proportional change</i></b>
<b>Total EF &lt; 40% (n = 26)</b>	1.46 [1.15–1.7]	1.71 [1.4–2.0]	0.25 [0.1–0.37]	0.18 [0.08–0.27]
<b>Total EF ≥ 40% (n = 50)</b>	1.68 [1.3–2.08]	1.92 [1.52–2.3]	0.24 [0.1–0.4]	0.15 [0.06–0.23]
<b>Male EF &lt; 40% (n = 25)</b>	1.48 [1.3–1.7]	1.75 [1.4–2.0]	0.27 [0.1–0.4]	0.19 [0.09–0.27]
<b>Male EF ≥ 40% (n = 44)</b>	1.76 [1.48–2.12]	2.01 [1.7–2.35]	0.25 [0.1–0.4]	0.14 [0.06–0.22]
<b>Female EF &lt; 40% (n = 1)</b>	-	-	-	-
<b>Female EF ≥ 40% (n = 6)</b>	1.07 [0.9–1.12]	1.30 [1.05–1.28]	0.23 [0.07–0.38]	0.24 [0.04–0.42]

*w = Watts; kg = Kilograms*