

Supplementary Materials:

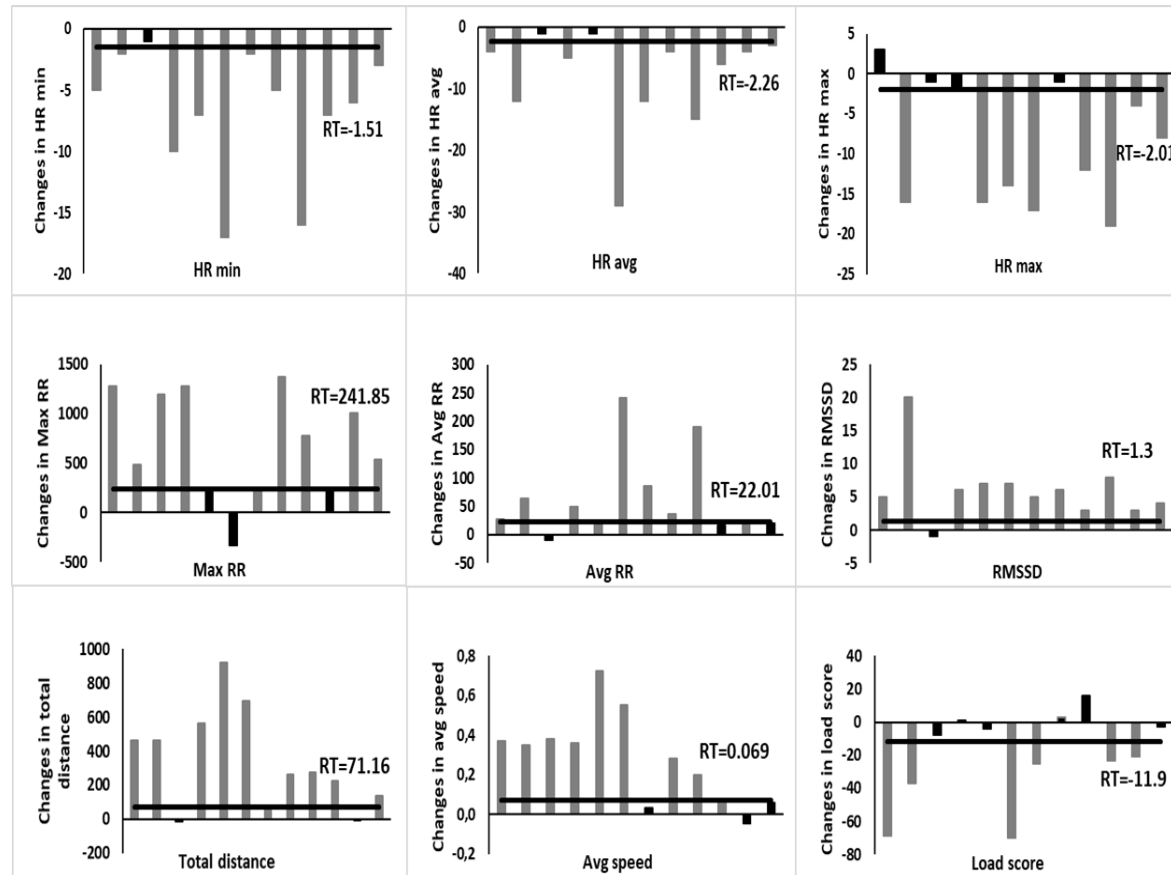


Figure S1. Individual responsiveness scores to 8 weeks Dance-training training program.

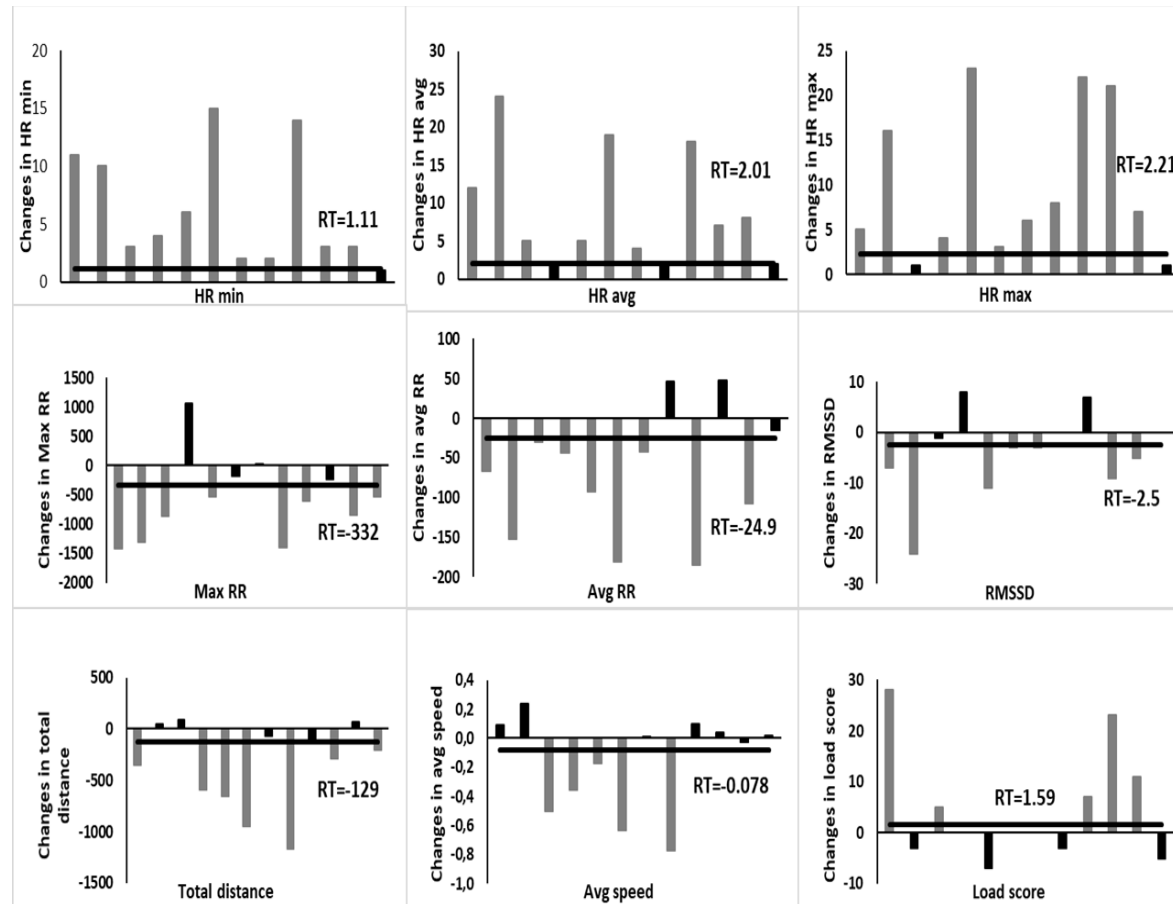


Figure S2. Individual responsiveness scores to 4 weeks Covid-19 induced detraining