	VO _{2max}	Sex	Age	Weight	Height	BMI	WC	Resting HR
VO _{2max} (mL·kg ⁻¹ ·min ⁻¹)	-							
Anthropometrics								
Sex	-0.641**	-						
Age	-0.607**	0.156	-					
Weight	0.201	-0.614**	-0.017	-				
Height	0.594**	-0.748**	-0.391**	0.725**	-			
BMI	-0.276*	-0.154	0.378**	0.725**	0.114	-		
WC	-0.209	-0.336**	0.366**	0.820**	0.300^{*}	0.854**	-	
3MST ₂₀								
HR recovery at 30 s	-0.581**	0.527**	0.231	-0.097	-0.400**	0.212	0.179	0.758**
Average HR at 30 and 60 s	-0.564**	0.503**	0.275^{*}	-0.114	-0.417**	0.203	0.170	0.813**
HR recovery at 60 s	-0.522**	0.457^{**}	0.311*	-0.126	-0.417**	0.186	0.153	0.839**
3MST ₃₀								
HR recovery at 30 s	-0.682**	0.549**	0.441**	-0.197	-0.564**	0.252*	0.124	0.671**
Average HR at 30 and 60 s	-0.673**	0.542**	0.446**	-0.212	-0.575**	0.239*	0.118	0.703**
HR recovery at 60 s	-0.648**	0.521**	0.439**	-0.223	-0.572**	0.220	0.108	0.719**
Six-minute walk test								
Distance walked (m)	0.671**	-0.506**	-0.513**	0.259*	0.567**	-0.142	-0.116	-0.308*

Table S1. Correlation between the measured VO_{2max}, anthropometrics, and variables acquired from the submaximal tests

 VO_{2max} , maximal oxygen consumption; BMI, body mass index; WC, waist circumference; HR, heart rate; 3MST₂₀, 3-min step test using 20.3-cm step box height; 3MST₃₀, 3-min step test using 30-cm step box height. * p < 0.05; ** P < 0.01.

Table S2. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 3-min step test using a 20-cm step height. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.

A. Model Building Set = Group 1 and 2 (N = 44), Validation Set = Group 3 (N = 22)						
	β	SE	t	р		
Constant	89.60	6.29	6.29 14.24			
Gender	-11.37	2.12	-5.38	0.00		
Age	-0.49	0.09	-5.30	0.00		
Weight	-0.19	0.07	-2.96	0.01		
HRR 30s	-0.08	0.06	-1.25	0.22		
	r	Adj. R-square	Predicted VO _{2max}	SEE		
	0.87	0.73	37.10 (8.10)	4.80		
B. Model Buil	ding Set = Group 1	l and 2 (N = 44), Valid	ation Set = Group 3 (N	[= 22)		
	β	SE	t	р		
Constant	85.29	6.70	12.72	0.00		
Gender	-11.18	1.88	-5.95	0.00		
Age	-0.42	0.07	-6.18	0.00		
Weight	-0.13	0.06	-2.13	0.04		
HRR 30s	-0.09	0.05	-1.88	0.07		
	r	Adj. R-square	Predicted VO _{2max}	SEE		
	0.89	0.773	37.68 (7.79)	4.21		
C. Model Building Set = Group 2 and 3 (N = 44), Validation Set = Group 1 (N = 22)						
	β	SE	t	р		
Constant	82.13	7.34	11.19	0.00		
Gender	-9.93	2.68	-3.71	0.00		
Age	-0.43	0.08	-5.51	0.00		
Weight	-0.07	0.08	-0.94	0.35		
HRR 30s	-0.13	0.07	-1.97	0.06		
	r	Adj. R-square	Predicted VO _{2max}	SEE		
	0.85	0.702	37.22 (7.84)	5.01		

All participants were randomly divided into three groups (1, 2, or 3). Then data from two of three groups were used to develop prediction equation for VO_{2max} value. This equation was used to validate predicted VO_{2max} value with measured VO_{2max}. Data were analyzed with linear regression. HRR 30s, heart rate recovery at 30 s after cessation.

Table S3. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 3-min step test using a 30-cm step height. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.

β SE t p Constant 86.74 7.27 11.94 0.00 Gender -10.71 2.37 4.52 0.00 Age -0.44 0.10 -4.50 0.00 Weight -0.17 0.07 -2.29 0.03 HRR 30s -0.07 0.05 -1.44 0.16 r Adj. R-square Predicted VO _{2max} SEE 0.83 0.66 37.89 (7.54) 5.35 - - - - - Constant 80.24 6.94 11.55 0.00 Gender -8.63 2.02 -4.28 0.00 Age -0.42 0.09 -4.69 0.01 Weight -0.10 0.07 -1.50 0.14 HRR 30s -0.09 0.05 -2.02 0.05 C Model Building Set = Group 2 and 3 (N = 49), Validation Set = Group 1 (N = 24) - Constant 85.38 5.28 16.18	A. Model Building Set = Group 1 and 2 (N = 49), Validation Set = Group 3 (N = 24)						
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Weight -0.12 0.05 -2.45 0.02 HRR 30s -0.10 0.04 -2.66 0.01 r Adj. R-square Predicted VO _{2max} SEE 0.91 0.80 37.34 (8.31) 4.04	Age	-0.37	0.06	-5.80	0.00		
HRR 30s -0.10 0.04 -2.66 0.01 r Adj. R-square Predicted VO _{2max} SEE 0.91 0.80 37.34 (8.31) 4.04	Weight	-0.12	0.05	-2.45	0.02		
r Adj. R-square Predicted VO _{2max} SEE 0.91 0.80 37.34 (8.31) 4.04	HRR 30s	-0.10	0.04	-2.66	0.01		
0.91 0.80 37.34 (8.31) 4.04		r	Adj. R-square	Predicted VO _{2max}	SEE		
		0.91	0.80	37.34 (8.31)	4.04		

All participants were randomly divided into three groups (1, 2, or 3). Then data from two of three groups were used to develop prediction equation for VO_{2max} value. This equation was used to validate predicted VO_{2max} value with measured VO_{2max} . Data were analyzed with linear regression. HRR 30s, heart rate recovery at 30 s after cessation.

Table S4. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 6-minute walk test. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.

A. Model Building Set = Group 1 and 2 (N = 43), Validation Set = Group 3 (N = 21)					
	β	SE	t	р	
Constant	58.54	10.18	5.75	0.00	
Gender	-12.42	1.74	-7.16	0.00	
Age	-0.32	0.07	-4.46	0.00	
Weight	-0.18	0.05	-3.48	0.00	
SMWD/10	0.27	0.09	2.92	0.01	
	r	Adj. R-square	Predicted VO _{2max}	SEE	
	0.91	0.82	36.97 (8.45)	3.95	
B. Model Build	ling Set = Group 1 and	d 2 (N = 43), Validation	Set = Group 3 (N = 21)		
	β	SE	t	р	
Constant	60.61	12.07	5.02	0.00	
Gender	-10.53	2.05	-5.14	0.00	
Age	-0.37	0.10	-3.86	0.00	
Weight	-0.17	0.07	-2.44	0.02	
SMWD/10	0.21	0.11	1.94	0.06	
	r	Adj. R-square	Predicted VO _{2max}	SEE	
	0.85	0.7	37.30 (6.91)	4.94	
C. Model Building Set = Group 2 and 3 (N = 42), Validation Set = Group 1 (N = 22)					
	β	SE	t	р	
Constant	64.12	12.60	5.09	0.00	
Gender	-10.49	2.19	-4.80	0.00	
Age	-0.43	0.10	-4.15	0.00	
Weight	-0.17	0.07	-2.51	0.02	
SMWD/10	0.18	0.10	1.82	0.08	
	r	Adj. R-square	Predicted VO _{2max}	SEE	
	0.855	0.7	36.23 (7.77)	4.99	

All participants were randomly divided into three groups (1, 2, or 3). Then data from two of three groups were used to develop prediction equation for VO_{2max} value. This equation was used to validate predicted VO_{2max} value with measured VO_{2max}. Data were analyzed with linear regression. SMWD, six-minute walked distance.

Figure S1. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 3-min step test using a 20-cm step height. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.



Figure S2. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 3-min step test using a 30-cm step height. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.



Figure S3. Correlations between the measured VO_{2max} and model-predicted VO_{2max} in the 6minute walk test. The prediction equation model was developed using randomly selected two-third of the participants, and their value was compared with that of the non-selected one-third of the participants. The same methods were repeated three times.

