



**Fig. 2** Temporal changes in the averaged oxyhaemoglobin (HbO<sub>2</sub>) and deoxyhaemoglobin (HHb) levels in the left prefrontal cortex during cycling in the upright and supine positions. (a) Pre-exercise rest. (b) Warm-up. (c)

Main exercise at 50% maximal oxygen consumption. (d) Post-exercise rest. Values are presented as the mean  $\pm$  the standard error of the mean