

Accepted Manuscript



Effects of high-intensity training on cardiovascular risk factors in pre- and postmenopausal women

Camilla M. Mandrup, Jon Egelund, Michael Nyberg, Martina H. Lundberg Slingsby, Caroline Andersen, Sofie Løgstrup, Jens Bangsbo, Charlotte Suetta, Bente Stallknecht, Ylva Hellsten

PII: S0002-9378(16)46206-X

DOI: [10.1016/j.ajog.2016.12.017](https://doi.org/10.1016/j.ajog.2016.12.017)

Reference: YMOB 11450

To appear in: *American Journal of Obstetrics and Gynecology*

Received Date: 14 October 2016

Revised Date: 6 December 2016

Accepted Date: 16 December 2016

Please cite this article as: Mandrup CM, Egelund J, Nyberg M, Lundberg Slingsby MH, Andersen C, Løgstrup S, Bangsbo J, Suetta C, Stallknecht B, Hellsten Y, Effects of high-intensity training on cardiovascular risk factors in pre- and postmenopausal women, *American Journal of Obstetrics and Gynecology* (2017), doi: 10.1016/j.ajog.2016.12.017.

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3 Camilla M MANDRUP¹, Jon EGELUND², Michael NYBERG², Martina H LUNDBERG SLINGSBY², Caroline
4 ANDERSEN¹, Sofie LØGSTRUP¹, Jens BANGSBO², Charlotte SUETTA³, Bente STALLKNECHT¹, Ylva
5 HELLSTEN²

6 ¹Department of Biomedical Sciences, University of Copenhagen, Blegdamsvej 3, 2200 Copenhagen N, Denmark.

7 ²Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark,

8 ³Department of Clinical Physiology, Nuclear Medicine and PET, Rigshospitalet, Glostrup, Denmark.

9

10 *Corresponding author:*

11 *Ms. Camilla M MANDRUP, MD, PhD student*

12 *E-mail work: camillam@sund.ku.dk*

13 *E-mail private: camillamandup@gmail.com*

14 *Department of Biomedical Sciences, Faculty of Health Sciences, University of Copenhagen,*

15 *Blegdamsvej 3, 2200 Copenhagen N, Denmark*

16 *Telephone (mobile): +45 51906613*

17

18 *Co-authors:*

19 *Mr. Jon EGELUND, MD, PhD student, Department of Nutrition, Exercise and Sports, University of Copenhagen,*
20 *Denmark*

21 *Mr. Michael NYBERG, PhD, Assistant Professor, Department of Nutrition, Exercise and Sports, University of*
22 *Copenhagen, Denmark*

23 *Ms. Martina H LUNDBERG SLINGSBY, PhD, Postdoc. Department of Nutrition, Exercise and Sports, University of*
24 *Copenhagen, Denmark*

25 *Ms. Caroline ANDERSEN, MSc, Department of Biomedical Sciences, University of Copenhagen, Denmark*

26 *Ms. Sofie LØGSTRUP, MSc, Department of Biomedical Sciences, University of Copenhagen, Denmark*

27 *Mr. Jens BANGSBO, PhD, Professor of Human Physiology and Exercise Physiology, Department of Nutrition,*
28 *Exercise and Sports, University of Copenhagen, Denmark*

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