

Table S1. Effect of interaction for ergospirometry variables and subjective scales expressed as mean \pm standard error of the mean (SEM).

		Rest	Warm-up	VT1	VT2	Max	120s Rec	300s Rec	F	p	η^2
RER	ErgoMask	0.76 \pm 0.01	0.72 \pm 0.02	0.81 \pm 0.02	0.98 \pm 0.02	1.15 \pm 0.01	1.28 \pm 0.02	1.05 \pm 0.01	1.838	0.189	0.133
	ErgoMask+FFP2	0.82 \pm 0.02	0.78 \pm 0.02	0.78 \pm 0.02	0.94 \pm 0.02	1.23 \pm 0.11	1.21 \pm 0.02	1.02 \pm 0.01			
	ErgoMask+Emotion	0.85 \pm 0.02	0.80 \pm 0.02	0.79 \pm 0.02	0.97 \pm 0.01	1.15 \pm 0.01	1.25 \pm 0.03	1.05 \pm 0.02			
VE/VO ₂	ErgoMask	33.0 \pm 1.0	28.5 \pm 1.0	26.2 \pm 0.5	31.3 \pm 1.0	34.9 \pm 1.5	45.2 \pm 1.7	41.6 \pm 1.5	1.898	0.065	0.137
	ErgoMask+FFP2	31.5 \pm 1.0	26.3 \pm 0.8	23.0 \pm 0.7	26.6 \pm 1.0	29.0 \pm 1.0	38.5 \pm 1.1	36.4 \pm 1.0			
	ErgoMask+Emotion	35.2 \pm 1.1	28.3 \pm 0.8	24.3 \pm 0.8	30.0 \pm 0.9	33.1 \pm 1.2	42.9 \pm 1.6	39.8 \pm 1.5			
VE/VCO ₂	ErgoMask	43.7 \pm 1.3	39.4 \pm 1.2	32.5 \pm 0.7	32.0 \pm 0.9	30.3 \pm 1.1	35.4 \pm 1.1	39.5 \pm 1.2	0.769	0.681	0.060
	ErgoMask+FFP2	38.5 \pm 1.4	34.0 \pm 0.9	29.5 \pm 0.7	28.4 \pm 0.7	26.1 \pm 0.8	31.8 \pm 0.5	35.7 \pm 1.1			
	ErgoMask+Emotion	41.5 \pm 1.2	35.7 \pm 0.9	30.7 \pm 0.9	30.9 \pm 0.8	28.9 \pm 1.0	34.3 \pm 0.7	37.9 \pm 1.2			
Breathing frequency (bpm)	ErgoMask	21.3 \pm 1.2	28.2 \pm 1.2	37.8 \pm 1.8	44.8 \pm 2.0	55.1 \pm 2.1	38.5 \pm 1.7	36.2 \pm 2.0	1.025	0.419	0.079
	ErgoMask+FFP2	18.3 \pm 1.1	24.4 \pm 1.5	31.3 \pm 2.1	37.5 \pm 2.1	50.4 \pm 2.0	33.9 \pm 1.4	33.0 \pm 1.4			
	ErgoMask+Emotion	19.9 \pm 0.8	25.5 \pm 1.2	32.7 \pm 1.9	43.3 \pm 2.1	52.6 \pm 2.4	38.1 \pm 1.5	34.8 \pm 1.9			
Tins (s)	ErgoMask	1.18 \pm 0.12	1.01 \pm 0.05	0.79 \pm 0.04	0.70 \pm 0.03	0.56 \pm 0.03	0.73 \pm 0.03	0.76 \pm 0.04	0.717	0.654	0.056
	ErgoMask+FFP2	1.38 \pm 0.12	1.22 \pm 0.09	1.03 \pm 0.07	0.91 \pm 0.06	0.64 \pm 0.04	0.86 \pm 0.04	0.88 \pm 0.04			
	ErgoMask+Emotion	1.21 \pm 0.06	1.13 \pm 0.06	0.96 \pm 0.05	0.75 \pm 0.05	0.59 \pm 0.03	0.73 \pm 0.03	0.81 \pm 0.04			
Texp (s)	ErgoMask	1.87 \pm 0.15	1.26 \pm 0.10	0.84 \pm 0.05	0.67 \pm 0.04	0.56 \pm 0.02	0.87 \pm 0.06	0.98 \pm 0.07	1.420	0.251	0.106
	ErgoMask+FFP2	2.35 \pm 0.22	1.45 \pm 0.10	0.99 \pm 0.09	0.76 \pm 0.05	0.58 \pm 0.02	0.95 \pm 0.04	0.98 \pm 0.05			
	ErgoMask+Emotion	1.94 \pm 0.15	1.37 \pm 0.07	0.95 \pm 0.06	0.68 \pm 0.03	0.58 \pm 0.03	0.88 \pm 0.04	0.98 \pm 0.07			
Breathing reserve (%)	ErgoMask	89.2 \pm 0.9	82.4 \pm 1.2	60.3 \pm 1.7	38.5 \pm 3.3	20.4 \pm 2.4	52.1 \pm 3.4	62.9 \pm 3.0	1.050	0.408	0.087
	ErgoMask+FFP2	88.8 \pm 0.6	79.6 \pm 1.1	60.3 \pm 2.1	40.8 \pm 2.4	25.5 \pm 4.4	52.8 \pm 2.6	63.1 \pm 2.8			
	ErgoMask+Emotion	90.8 \pm 0.7	84.2 \pm 0.7	66.1 \pm 1.4	44.8 \pm 2.2	27.2 \pm 4.2	55.0 \pm 2.4	67.9 \pm 2.1			

HR (ppm)	ErgoMask	67 ± 4.5	107 ± 3	150 ± 4	175 ± 3	178 ± 5	130 ± 5	117 ± 4	2.54	0.059	0.175
	ErgoMask+FFP2	90 ± 4.3	109 ± 3	146 ± 3	170 ± 4	178 ± 3	132 ± 5	117 ± 5			
	ErgoMask+Emotion	69 ± 8.8	105 ± 2	146 ± 3	171 ± 3	180 ± 2	132 ± 4	119 ± 4			
Time to exhaustion (s)	ErgoMask	-	-	335.4 ± 13.3	543.8 ± 15.9	685.9 ± 15.4	-	-	2.559	0.094	0.176
	ErgoMask+FFP2	-	-	313.1 ± 5.8	485.4 ± 14.6	678.7 ± 17.0	-	-			
	ErgoMask+Emotion	-	-	320.0 ± 7.8	527.7 ± 14.5	712.5 ± 12.3	-	-			
Speed (km/h)	ErgoMask	-	-	9.4 ± 0.2	12.8 ± 0.3	15.0 ± 0.3	-	-	1.867	0.132	0.135
	ErgoMask+FFP2	-	-	9.0 ± 0.1	11.9 ± 0.2	14.8 ± 0.3	-	-			
	ErgoMask+Emotion	-	-	9.2 ± 0.1	12.6 ± 0.2	15.1 ± 0.3	-	-			
VAS VE (0-10)	ErgoMask	8.7 ± 0.4	8 ± 0.6	-	-	5.3 ± 0.8	-	8 ± 0.5	1.211	0.320	0.108
	ErgoMask+FFP2	5.8 ± 0.8	5.9 ± 0.6	-	-	4.3 ± 0.9	-	5.9 ± 0.7			
	ErgoMask+Emotion	7.9 ± 0.3	7.2 ± 0.4	-	-	5.3 ± 0.8	-	6.9 ± 0.5			
RPE (0-10)	ErgoMask	0.3 ± 0.2	0.9 ± 0.3	-	-	7.9 ± 0.5	-	2.6 ± 0.5	0.337	0.915	0.033
	ErgoMask+FFP2	0.3 ± 0.1	1.3 ± 0.3	-	-	8.0 ± 0.3	-	2.7 ± 0.6			
	ErgoMask+Emotion	0.2 ± 0.1	1.2 ± 0.3	-	-	8.0 ± 0.4	-	2.8 ± 0.5			

Note. ErgoMask: Ergospirometry Mask; ErgoMask+FFP2: Ergospirometry Mask + FFP2; ErgoMask+Emotion: Ergospirometry Mask + Emotion; VE: Ventilation; VO₂: Oxygen consumption; VCO₂: Carbon dioxide production; RER: Respiratory exchange ratio; Tins: Inspiratory time; Texp: Expiratory time; HR: Heart rate; VAS VE: Ventilation visual analogue scale; RPE: Rate of perceived exertion.