

CORRECTION

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Correction: Equipment-free, unsupervised high intensity interval training elicits significant improvements in the physiological resilience of older adults

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After publication of this article [1], the authors reported that the wrong [Supplementary file](#) was originally published with this article; it has now been replaced with the correct file.

The original article [1] has been corrected.

Reference

1. Sian TS, et al. Equipment-free, unsupervised high intensity interval training elicits significant improvements in the physiological resilience of older adults. *BMC Geriatrics*. 2022;22:529. <https://doi.org/10.1186/s12877-022-03208-y>.

Supplementary Information

The online version contains supplementary material available at <https://doi.org/10.1186/s12877-022-03488-4>.

Additional file 1: Supplementary Table 1 (S1): Assessment parameters before (pre) and after (post) a 4-week period of laboratory (supervised) high-intensity interval training (L-HIIT), home (unsupervised) HIIT (H-HIIT) or a no intervention control (CON) period.

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