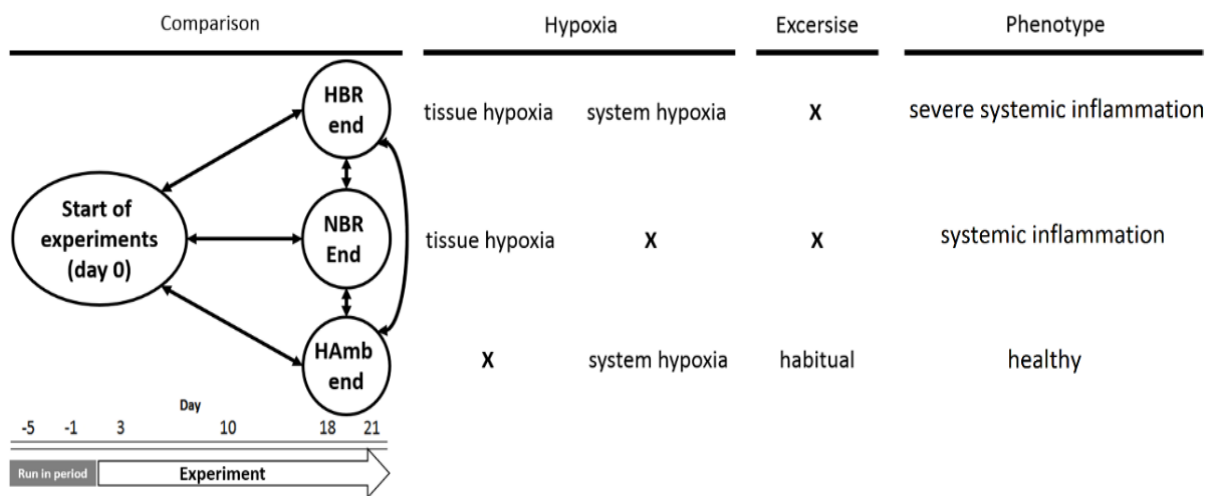
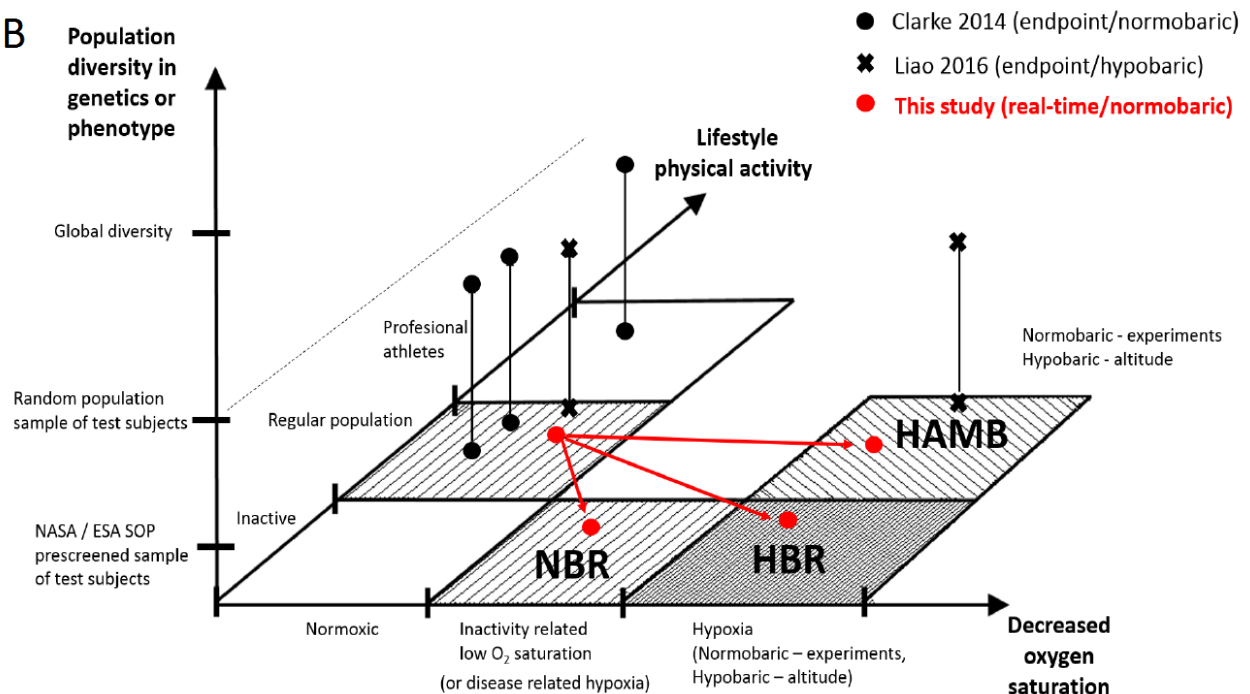


S1 Figs. Schematic representation of experimental outline used in PlanHab study (http://cordis.europa.eu/project/rcn/104127_en.html). **(A)** The parameters (hypoxia and exercise) and the resulting status of host physiology after 21 days in controlled experiment. **(B)** Human systems biology exploration space mapping exercise with oxygen saturation levels and human population diversity.^[1–4] **(C)** The difference between accumulation and short-term real-time experiments. The inset shows a tentative scheme of dose dependent benefits derived from various levels of exercise.^[4–8] **(D)** Methodological overview.

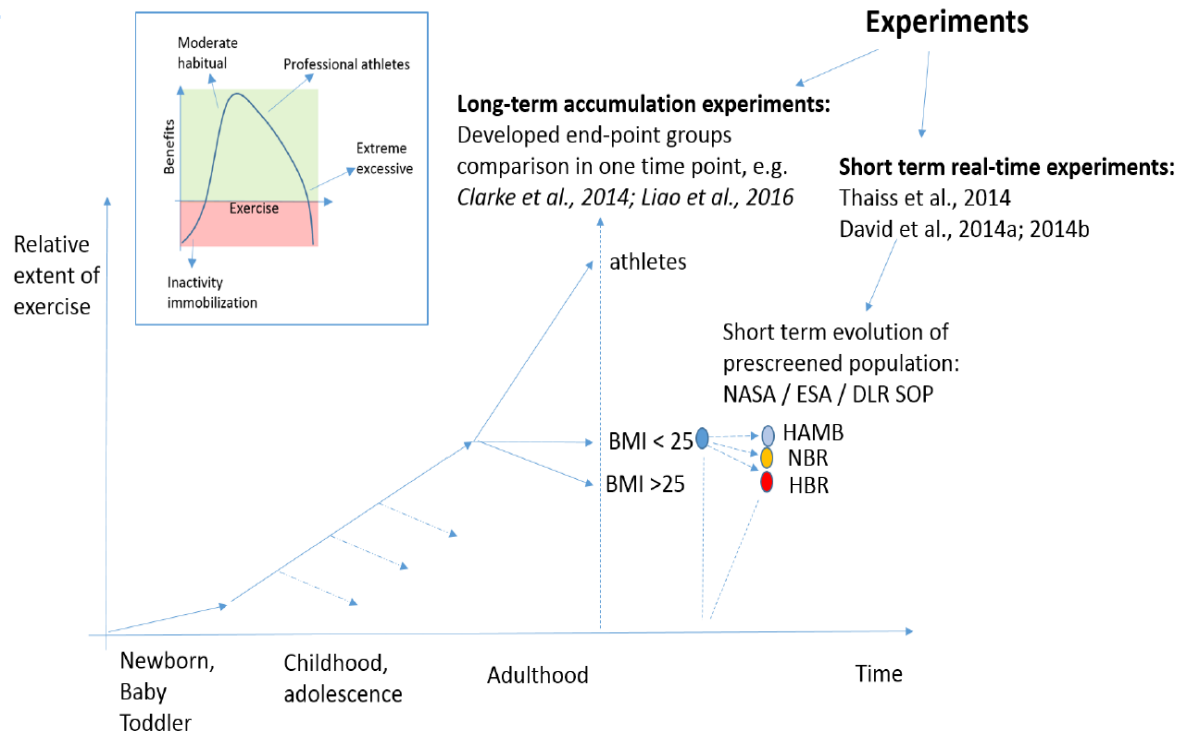
A



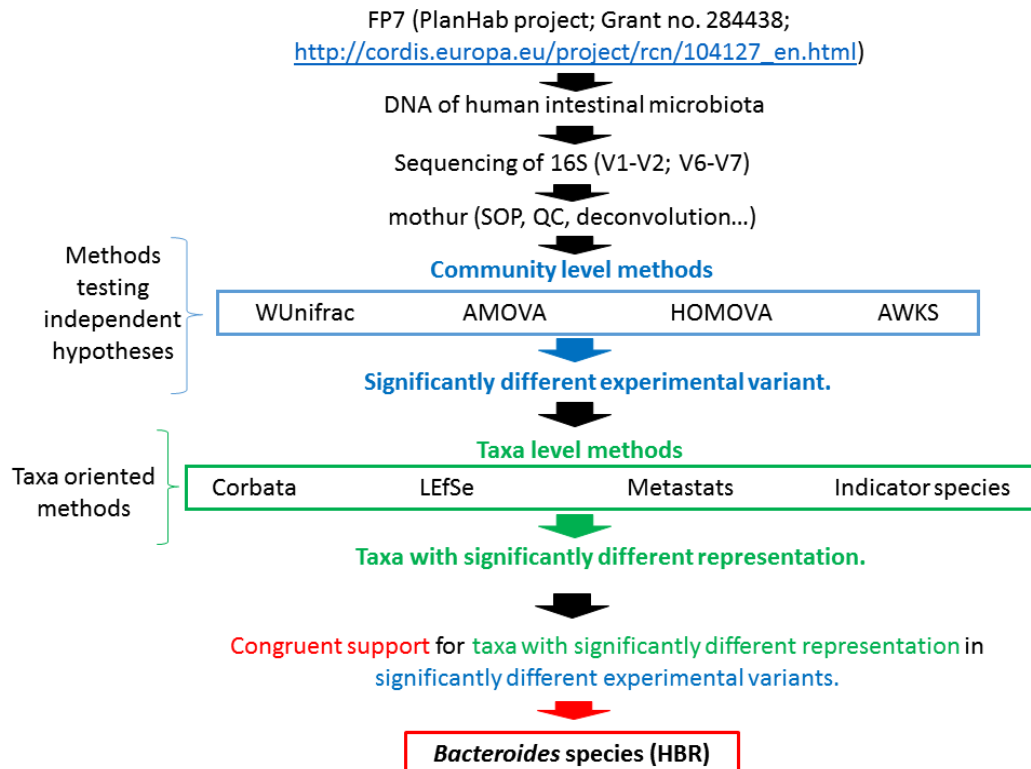
B



C



D



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