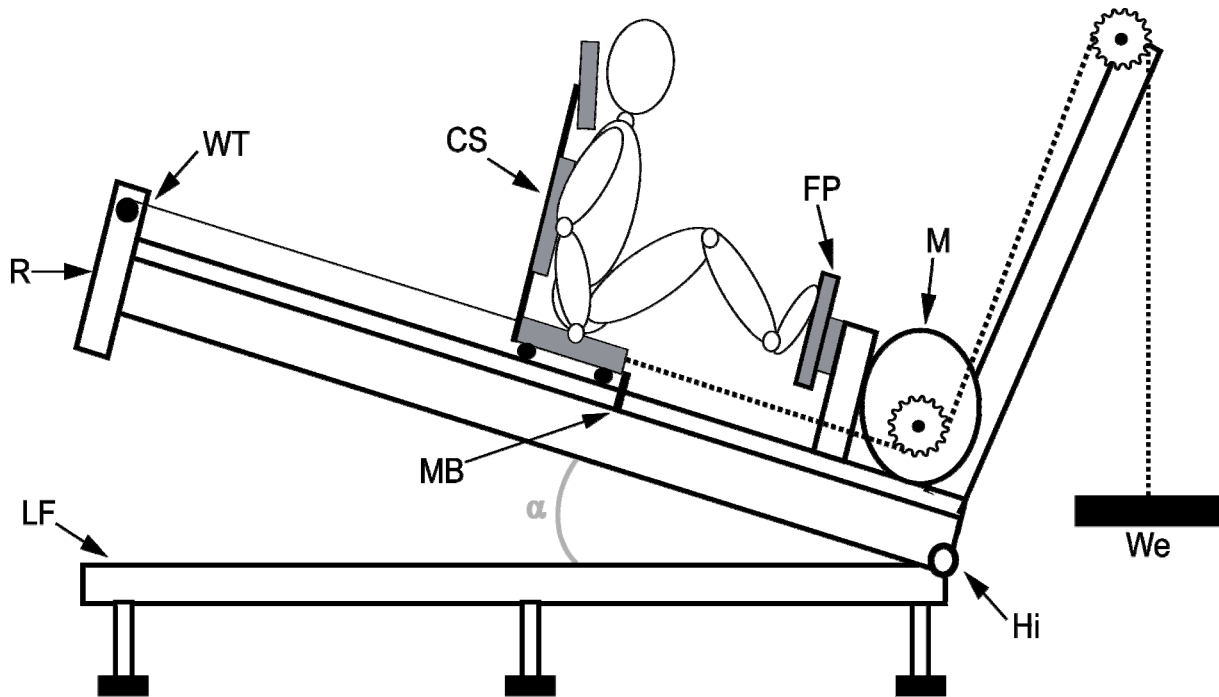


## SUPPLEMENTAL DIGITAL CONTENT 2



Schematic view of the Explosive Ergometer (EXER). WT wire tachometer, CS carriage seat, FP force platforms, M electric motor. Rail system (R) and lower frame (LF) are hinged (Hi) so that R can be tilted upward (see text for further details). To allow the motor to act on the seat without delays, a constant tension ( $We = 196 \text{ N}$ ) is applied to the steel chain (dotted line).