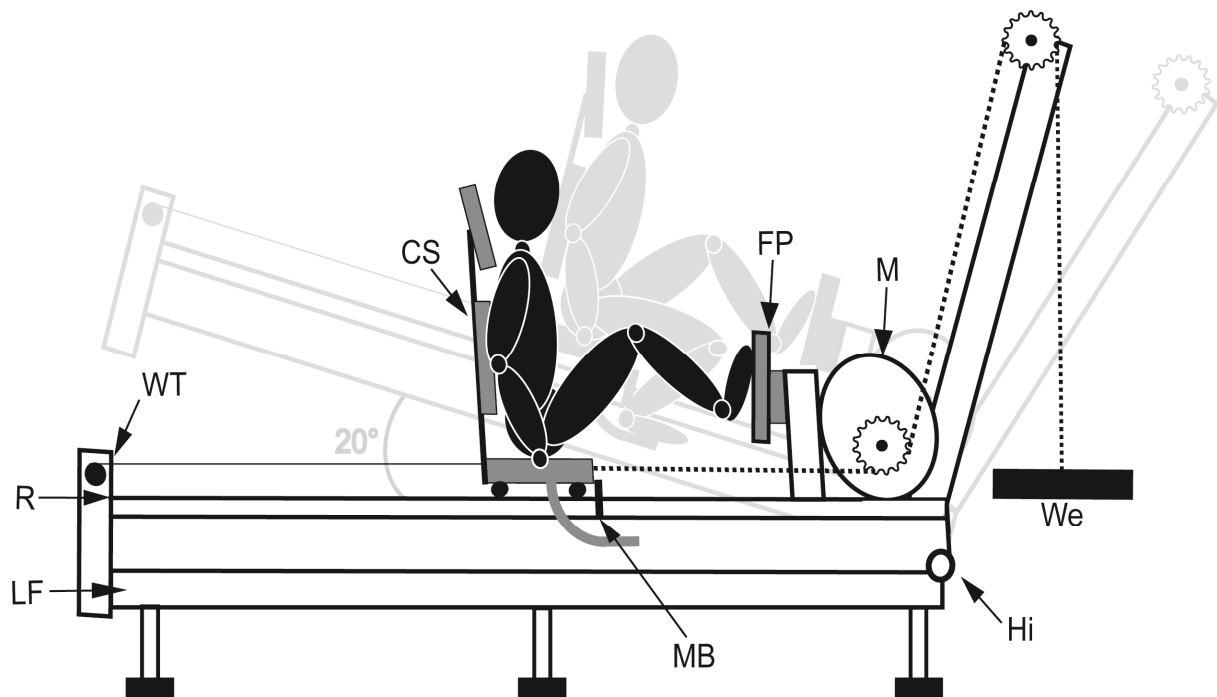


## SUPPLEMENTAL DIGITAL CONTENT 1



Schematic views of the Explosive Ergometer (EXER) for horizontal or inclined lower limb extensions in bilateral and unilateral conditions. WT wire tachometer, CS carriage seat, FP force platforms, M electric motor, MB mechanical block. Rail system (R) and lower frame (LF) are hinged (Hi) so that R can be tilted upward. To allow the motor to act on the seat via the chain without delays, a constant tension ( $We = 196 \text{ N}$ ) is applied to the steel chain (dotted line) (see 26).