Supplemental Digital Content 1

Table

Central-, and peripheral fatigue responses for 3, 10 and 40 min TTs.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **3-min TT** | **10-min TT** | **40-min TT** |
| **Central fatigue** |  |  |  |  |
| MVCISO RMS∙M-1 VL | Pre | 0.068 ± 0.015 | 0.066 ± 0.013 | 0.071 ± 0.016 |
|  | Post | 0.072 ± 0.022 | 0.071 ± 0.020 | 0.065 ± 0.016 \* |
|  | Post in % of pre | 114 ± 32 | 107 ± 16 | 92 ± 14 £ |
|  |  |  |  |  |
| MVCISO RMS∙M-1 VM | Pre | 0.087 ± 0.018 | 0.087 ± 0.015 | 0.094 ± 0.022 |
|  | Post | 0.100 ± 0.031 | 0.091 ± 0.025 | 0.079 ± 0.017 \* |
|  | Post in % of pre | 117 ± 35 | 104 ± 19 | 85 ± 14 £ |
|  |  |  |  |  |
| MVCCON RMS∙M-1 VL | Pre | 0.064 ± 0.012 | 0.059 ± 0.013 £ | 0.059 ± 0.013 |
|  | Post | 0.073 ± 0.026 | 0.066 ± 0.021 \* | 0.059 ± 0.014 |
|  | Post in % of pre | 114 ± 23 | 114 ± 17 | 101 ± 13 |
|  |  |  |  |  |
| MVCCON RMS∙M-1 VM | Pre | 0.083 ± 0.016 | 0.080 ± 0.018 | 0.080 ± 0.019 |
|  | Post | 0.095 ± 0.033 | 0.089 ± 0.024 | 0.075 ± 0.017 |
|  | Post in % of pre | 114 ± 28 | 112 ± 22 | 96 ± 15 |
| **Peripheral fatigue** |  |  |  |  |
| PS10 evoked peak force | Pre (N) | 310 ± 67 | 299 ± 64 | 303 ± 62 |
|  | Post (N) | 135 ± 44 \*\*\* | 125 ± 37 \*\*\* | 120 ± 51 \*\*\* |
|  | Post in % of pre | 44 ± 16 | 43 ± 16 | 41 ± 21 |
|  |  |  |  |  |
| PS100 RFD | Pre (N∙ms-1) | 3.06 ± 0.78 | 3.03 ± 0.73 | 3.06 ± 0.76 |
|  | Post (N∙ms-1) | 1.68 ± 0.49 \*\*\* | 1.90 ± 0.42 \*\*\* | 1.94 ± 0.45 \*\*\* |
|  | Post in % of pre | 56 ± 17 | 64 ± 10 | 65 ± 16 |
|  |  |  |  |  |
| PS100 RR | Pre (N∙ms-1) | 4.20 ± 1.74 | 3.93 ± 1.38 | 3.85 ± 1.74 |
|  | Post (N∙ms-1) | 1.47 ± 0.44 \*\*\* | 1.51 ± 0.33 \*\*\* | 1.48 ± 0.44 \*\*\* |
|  | Post in % of pre | 38 ± 14 | 43 ± 19 | 43 ± 20 |
|  |  |  |  |  |
| M-wave PPA VL | Pre (mV) | 4.08 ± 0.35 | 4.10 ± 0.44 | 4.12 ± 0.38 |
|  | Post (mV) | 4.29 ± 0.38 \*\* | 3.72 ± 0.47 \* | 3.22 ± 0.59 \*\*\* |
|  | Post in % of pre | 105 ± 5 | 92 ± 12 £ | 78 ± 13 £ $ |
|  |  |  |  |  |
| M-wave PPA VM | Pre (mV) | 3.81 ± 0.42 | 3.91 ± 0.46 | 3.74 ± 0.41 |
|  | Post (mV) | 3.96 ± 0.40 | 3.69 ± 0.53 \* | 3.48 ± 0.52 \* |
|  | Post in % of pre | 104 ± 7 | 94 ± 7 £ | 93 ± 5 £ |

Values are expressed as means ± SD, n = 12 for all variables except data containing VL (n=11). MVC, maximal voluntary contraction; ISO, isometric; RMS∙M-1, root mean square divided by M-wave peak to peak amplitude; VL, vastus lateralis; VM, vastus medialis; CON, concentric; PS10, paired stimuli at 10 Hz; PS100, paired stimuli at 100 Hz; RFD, rate of force development; RR, rate of relaxation; PPA, peak to peak amplitude to the M-wave. Significant difference from pre: \* P < 0.05, \*\* P < 0.01, \*\*\* P < 0.001. Significant difference from 3-min TT: £ P < 0.05. Significant difference from 10-min TT: $ P < 0.05.