**Supplemental Digital Content 3.** Changes in the Perceived Recovery Status between the hypertrophy (HYPER) group and the testing (TEST) group. Changes are represented as the 75th, 50th, and 25th percentiles across visits.

|  |  |
| --- | --- |
|  | **Perceived Recovery Status (PRS)** |
| HYPER Visit | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| 75th percentile | 10 | 7 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 7 | 8 | 7 | 8 | 7 | 8 | 9 |
| 50th percentile | 7.5 | 6 | 7 | 7 | 7 | 6 | 6 | 6 | 7 | 7 | 6 | 6 | 7 | 6 | 7 | 7 |
| 25th percentile  | 5 | 2 | 6 | 6 | 5 | 5 | 4 | 4 | 5 | 6 | 5 | 5 | 4 | 4 | 5 | 5 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TEST Visit | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| 75th percentile | 9.25 | 10 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 7.25 | 8 | 8 | 8 | 8 |
| 50th percentile | 7.5 | 7 | 7 | 7 | 7 | 8 | 7 | 7.5 | 7 | 7 | 7 | 6.5 | 6.5 | 6 | 7 | 7 |
| 25th percentile  | 4 | 6 | 5 | 5.75 | 6 | 6.75 | 5.75 | 5.75 | 5.75 | 5 | 5.75 | 4.75 | 5.75 | 4.75 | 5 | 5 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| P value | 0.488 | 0.034 | 0.378 | 0.387 | 0.579 | 0.03 | 0.757 | 0.610 | 0.709 | 0.429 | 0.866 | 0.953 | 0.698 | 0.779 | 0.436 | 0.162 |