**Supplemental Digital Content 6 – Secondary outcomes of the included studies**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Greater fatigue in old** | **No age-related difference** | **Greater fatigue in young** |
| **Evoked forces** |  |  |  |
| Pt | 26 – 50% ([8](#_ENREF_8), [22](#_ENREF_22)) | ([9](#_ENREF_9), [10](#_ENREF_10), [16](#_ENREF_16), [17](#_ENREF_17), [19](#_ENREF_19), [25](#_ENREF_25), [38](#_ENREF_38), [39](#_ENREF_39), [45](#_ENREF_45)) | ~8 – 36% ([11](#_ENREF_11), [18](#_ENREF_18), [38](#_ENREF_38)) |
| Db |  | ([8](#_ENREF_8)) |  |
| Tetanus |  | ([14](#_ENREF_14), [16](#_ENREF_16), [19](#_ENREF_19), [20](#_ENREF_20), [39](#_ENREF_39)) | ~9 – 25% ([11](#_ENREF_11), [14](#_ENREF_14), [15](#_ENREF_15), [20](#_ENREF_20), [21](#_ENREF_21)) |
| LFF | ~20% ([8](#_ENREF_8)) | ([16](#_ENREF_16), [39](#_ENREF_39)) |  |
| **Evoked forces characteristics** |  |  |  |
| Pt HRT | ~26 – 47% ([9](#_ENREF_9), [10](#_ENREF_10), [22](#_ENREF_22)) | ([9](#_ENREF_9), [17](#_ENREF_17), [19](#_ENREF_19), [20](#_ENREF_20), [25](#_ENREF_25)) | ~15% ([20](#_ENREF_20), [21](#_ENREF_21)) |
| Db HRT |  | ([8](#_ENREF_8)) |  |
| Tetanus HRT |  | ([11](#_ENREF_11), [16](#_ENREF_16), [39](#_ENREF_39)) | ~49% ([16](#_ENREF_16)) |
| Pt CT | ~8% ([9](#_ENREF_9), [22](#_ENREF_22)) | ([9](#_ENREF_9), [10](#_ENREF_10), [15](#_ENREF_15), [21](#_ENREF_21)) |  |
| Db CT |  | ([8](#_ENREF_8)) |  |
| Tetanus CT |  | ([11](#_ENREF_11)) |  |
| Pt RFD | ~10% ([6](#_ENREF_6)) | ([19](#_ENREF_19)) | ~ 2% ([20](#_ENREF_20)) |
| Tetanus RFD |  | ([16](#_ENREF_16)) |  |
| MRFD |  | ([17](#_ENREF_17), [25](#_ENREF_25)) |  |
| Db MRFD | ~15% ([8](#_ENREF_8)) |  |  |
| Pt RFR |  | ([19](#_ENREF_19)) |  |
| Tetanus RFR |  | ([16](#_ENREF_16)) |  |
| PRR |  | ([4](#_ENREF_4), [5](#_ENREF_5), [45](#_ENREF_45)) | ~7% ([18](#_ENREF_18)) |
| **M-wave** | **Lower in old** |  | **Lower in young** |
| Amplitude | ~20% ([10](#_ENREF_10)) | ([4](#_ENREF_4), [5](#_ENREF_5), [8](#_ENREF_8), [9](#_ENREF_9), [15-17](#_ENREF_15), [19](#_ENREF_19), [20](#_ENREF_20), [22](#_ENREF_22), [25](#_ENREF_25), [45](#_ENREF_45)) | ~16 – 21% ([16](#_ENREF_16), [39](#_ENREF_39)) |
| Area | ~30% ([10](#_ENREF_10)) | ([8](#_ENREF_8), [9](#_ENREF_9), [16](#_ENREF_16)) | ~17% ([16](#_ENREF_16)) |
| Duration |  | ([8](#_ENREF_8), [17](#_ENREF_17), [19](#_ENREF_19), [20](#_ENREF_20), [22](#_ENREF_22), [25](#_ENREF_25)) |  |
| **Central Activation** |  |  |  |
| VA | ~12% ([38](#_ENREF_38)) | ([8-11](#_ENREF_8), [39](#_ENREF_39)) | ~3% ([25](#_ENREF_25)) |
| CAR | ~16% ([46](#_ENREF_46)) | ([14](#_ENREF_14), [16](#_ENREF_16), [19](#_ENREF_19), [20](#_ENREF_20)) | ~15% ([21](#_ENREF_21)) |
| SIT | ~4% ([45](#_ENREF_45)) | ([4](#_ENREF_4), [5](#_ENREF_5), [18](#_ENREF_18)) | ~2.5 N ([15](#_ENREF_15)) |
| EMG/Mmax |  | ([5](#_ENREF_5), [17](#_ENREF_17), [22](#_ENREF_22)) |  |
| MEP/Mmax |  | ([4](#_ENREF_4), [5](#_ENREF_5), [18](#_ENREF_18), [45](#_ENREF_45)) |  |
|  | **Longer in old** |  | **Longer in young** |
| SP |  |  | ~7 – 10% ([18](#_ENREF_18), [45](#_ENREF_45)) |

Pt: peak twitch. Db: doublets. LFF: low-frequency fatigue. HRT: half relaxation time. CT: contraction time. RFD: rate of force development. MRFD: maximal rate of force development. RFR: rate of force relaxation. PRR: peak rate of relaxation. VA: voluntary activation. CAR: central activation ratio. SIT: superimposed twitch. EMG/Mmax: maximal electromyography normalized by M-wave. MEP/Mmax: motor evoked potential normalized by M-wave. SP: silent period. N: Newtons.