



Supplemental digital content 1. Raw traces of twitch forces and electromyographic (EMG) responses to transcranial magnetic stimulation (TMS) and peripheral motor nerve stimulation (PNS) from a representative participant. A, superimposed twitch (SIT) forces evoked by TMS during contraction strengths of 50%, 75% and 100% maximum voluntary contraction (MVC, background voluntary force has been offset to allow direct comparison). B, calculation of estimated resting twitch (ERT) force from the linear regression between evoked twitch force and voluntary force, pre- (●) and post- (○) time-trial exercise. C, Motor evoked potentials (MEPs) measured in vastus lateralis (VL) during contractions at 50%, 75% and 100% MVC, and in biceps femoris (BF) during MVC (NB. cortical silent period not shown). D, SIT and potentiated twitch force ($Q_{tw,pot}$) in response to PNS pre- (black line) and post- (grey line) time-trial exercise. E, M-waves measured in VL and BF during MVC.