Supplemental Table 1

**Table 1. Weekly Training Schedule** (representative example; specific exercises may be varied)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** |
|  | Squat, Heel Raise, Leg Press, and Hamstring Curl | | |
| **Week** |  |  |  |
| **Pre** | Light | Light | Light |
| **Pre** | Light | Light | Light |
| **1** | Moderate | Light | Heavy |
| **2** | Heavy | Moderate | Light |
| **3** | Light | Heavy | Moderate |
| **4** | Moderate | Light | Heavy |
| **5** | Heavy | Moderate | Light |
| **6** | Light | Heavy | Moderate |
| **7** | Moderate | Light | Heavy |
| **8** | Heavy | Moderate | Light |
| **9**  **10** | Light  Moderate | Heavy  Light  Pattern continues for study duration | Moderate  Heavy |