**SDC 2. Performance Protocol.** Muscle performance testing conducted using a Biodex isokinetic dynamometer on selected muscle groupsbefore and after HDBR.

**Warm-up**

5 minutes at 50 Watts on upright cycle ergometer

**Knee Flexion/Extension**

Position Subject (Seated)

Set Range of Motion (20-95 degrees)

5 submaximal concentric repetitions at 60 deg/sec: extension and flexion

5 concentric maximal reps at 60 deg/sec: extension

 concentric maximal reps at 60 deg/sec: flexion

2-3 submaximal concentric repetitions at 180 deg/sec: extension and flexion

Endurance test: 20+1 reps. at 180 deg/sec (extension and flexion)

**Ankle Platar/Dorsiflexion**

Position Subject (Prone)

Set Range of Motion (minimally -15 to +30 degrees)

5 submaximal concentric repetitions at 30 deg/sec: extension and flexion

5 concentric maximal reps at 30 deg/sec: plantar flexion

5 concentric maximal reps at 30 deg/sec: dorsiflexion

2-3 submaximal eccentric repetitions at 30 deg/sec: extension and flexion

5 eccentric maximal reps at 30 deg/sec: plantar flexion

5 eccentric maximal reps at 30 deg/sec: dorsiflexion

**Trunk Extension/Flexion**

Position Subject (Standing)

Set Range of Motion (0-90 degrees)

5 submaximal concentric repetitions at 30 deg/sec: extension and flexion

5 concentric maximal reps at 60 deg/sec: extension

5 concentric maximal reps at 60 deg/sec: flexion