**SDC 5. Muscle Strength.** Leg and trunk muscle strength before and after HDBR.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Knee Extension Strength (Nm)** | | **CON** | | | **PEX** | | | **TEX** | | |
| Isometric (0°sec-1) | PRE1 | 257 | ± | 37 | 234 | ± | 27 | 256 | ± | 97 |
|  | PRE2 | 258 | ± | 44 | 243 | ± | 47 | 248 | ± | 105 |
|  | POST1# | 191 | ± | 33 | 215 | ± | 39 | 219 | ± | 86 |
|  | POST2 | 203 | ± | 33 | 224 | ± | 37 | 229 | ± | 86 |
|  |  |  |  |  |  |  |  |  |  |  |
| 60°sec-1 | PRE1 | 208 | ± | 32 | 192 | ± | 34 | 216 | ± | 71 |
|  | PRE2 | 202 | ± | 35 | 200 | ± | 28 | 201 | ± | 60 |
|  | POST1 | 156 | ± | 36e | 193 | ± | 25 | 185 | ± | 64 |
|  | POST2 | 169 | ± | 32e | 201 | ± | 24 | 191 | ± | 56 |
|  |  |  |  |  |  |  |  |  |  |  |
| 180°sec-1 | PRE1 | 156 | ± | 29 | 158 | ± | 28 | 159 | ± | 47 |
|  | PRE2 | 157 | ± | 30 | 165 | ± | 20 | 163 | ± | 49 |
|  | POST1 | 127 | ± | 30e | 163 | ± | 26 | 152 | ± | 45 |
|  | POST2 | 132 | ± | 26e | 164 | ± | 23 | 155 | ± | 37 |
| **Knee Flexion Strength (Nm)** | |  |  |  |  |  |  |  |  |  |
| Isometric (0°sec-1) | PRE1 | 113 | ± | 20 | 108 | ± | 22 | 118 | ± | 34 |
|  | PRE2 | 117 | ± | 23 | 102 | ± | 16 | 120 | ± | 44 |
|  | POST1 | 100 | ± | 25 | 107 | ± | 23 | 117 | ± | 38 |
|  | POST2 | 104 | ± | 19 | 114 | ± | 26 | 125 | ± | 34 |
|  |  |  |  |  |  |  |  |  |  |  |
| 60°sec-1 | PRE1 | 101 | ± | 19 | 91 | ± | 18 | 109 | ± | 29 |
|  | PRE2 | 109 | ± | 17e | 90 | ± | 14 | 101 | ± | 31 |
|  | POST1 | 98 | ± | 22 | 97 | ± | 16 | 111 | ± | 42 |
|  | POST2 | 97 | ± | 23 | 100 | ± | 22 | 120 | ± | 38 |
|  |  |  |  |  |  |  |  |  |  |  |
| 180°sec-1 | PRE1 | 86 | ± | 19 | 79 | ± | 12 | 89 | ± | 19 |
|  | PRE2 | 92 | ± | 20 | 82 | ± | 11 | 91 | ± | 27 |
|  | POST1 | 85 | ± | 21 | 89 | ± | 12 | 98 | ± | 31 |
|  | POST2 | 85 | ± | 22 | 91 | ± | 15 | 103 | ± | 26 |
| **Trunk Extension Strength (Nm)** | |  |  |  |  |  |  |  |  |  |
| 60°sec-1 | PRE1 | 422 | ± | 97 | 401 | ± | 85 | 416 | ± | 129 |
|  | PRE2 | 386 | ± | 99 | 428 | ± | 99 | 439 | ± | 115 |
|  | POST1 | 359 | ± | 124 | 385 | ± | 83 | 438 | ± | 160 |
|  | POST2 | 415 | ± | 88 | 393 | ± | 82 | 441 | ± | 126 |
| **Trunk Flexion Strength (Nm)** | |  |  |  |  |  |  |  |  |  |
| 60°sec-1 | PRE1 | 198 | ± | 51 | 202 | ± | 56 | 210 | ± | 46 |
|  | PRE2 | 200 | ± | 47 | 187 | ± | 55 | 200 | ± | 51 |
|  | POST1 | 174 | ± | 20 | 183 | ± | 54 | 200 | ± | 63 |
|  | POST2 | 189 | ± | 54 | 190 | ± | 43 | 217 | ± | 70 |

**#**Significant effect of time (POST1 across the groups are lower than PRE1 and PRE2). eDifferent from PEX. (P < 0.05, Linear Mixed Models with Bonferroni post-hoc test). Values are mean ± SD.