**SDC 7. Muscle Quality.** Muscle quality presented as the ratios between knee extension strength (KES) or knee flexion strength (KFS) measurements vs. total leg LBM.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **CON** | **PEX** | **TEX** |
| **Knee Extension Strength/Leg LBM (Nm·kg**-1**)** |
| 0° sec-1**·**Leg LBM-1 # | PRE1 | 12.7 | ± | 1.77 | 12.2 | ± | 1.79 | 13.0 | ± | 3.50 |
|  | POST1 | 10.4 | ± | 2.07 | 11.3 | ± | 1.89 | 10.6 | ± | 2.65 |
| 60° sec-1**·**Leg LBM-1 # | PRE1 | 10.2 | ± | 0.99 | 10.0 | ± | 1.88 | 11.0 | ± | 2.79 |
|  | POST1 | 8.54 | ± | 2.03 | 10.1 | ± | 0.92 | 9.0 | ± | 2.24 |
| 180° sec-1**·**Leg LBM-1 | PRE1 | 7.6 | ± | 0.55 | 8.2 | ± | 1.34 c | 8.1 | ± | 1.80 |
|  | POST1 | 6.8 | ± | 1.20 | 8.5 | ± | 0.75 | 7.5 | ± | 1.58 |
| **Knee Flexion Strength/Leg LBM (Nm·kg**-1**)** |
| 0° sec-1**·**Leg LBM-1 | PRE1 | 5.6 | ± | 0.76 | 5.6 | ± | 1.06 | 6.0 | ± | 1.18 |
|  | POST1 | 5.3 | ± | 0.57 | 5.6 | ± | 0.96 | 5.7 | ± | 1.59 |
| 60° sec-1**·**Leg LBM-1 | PRE1 | 4.9 | ± | 0.60 | 4.8 | ± | 0.95 | 5.6 | ± | 1.06 |
|  | POST1 | 5.2 | ± | 0.37 | 5.1 | ± | 0.65 | 5.4 | ± | 1.53 |
| 180° sec-1**·**Leg LBM-1 | PRE1 | 4.2 | ± | 0.29 | 4.1 | ± | 0.61 | 4.6 | ± | 0.79 |
|  | POST1 | 4.5 | ± | 0.39 | 4.7 | ± | 0.69 | 4.8 | ± | 0.99 |
|  |  | **CON** | **PEX** | **TEX** |

#Significant effect of time. cDifferent from CON. (P < 0.05, Linear Mixed Models with Bonferroni post-hoc test). Values are mean ± SD.