

Supplementary Digital Content 2. Reliability of MEP and M-wave amplitudes. (**Table 1**) MEP amplitude (mV) during the second MVC. (**Table 2**) M-wave amplitude (mV) following TMS stimulation during the second MVC.

Table 1.

	Session 1 ± SD	Session 2 ± SD	% Change in mean (95% CI)	CV (95% CI)	ICC (95% CI)
PRE-Chair					
VL	4.3 ± 1.4	5.0 ± 1.6	15.1 (-8.0 – 44.0)	28.3 (19.3 – 52.7)	0.55 (0.00 – 0.85)
RF	5.1 ± 1.8	5.5 ± 1.5	12.1 (-8.2 – 37.0)	23.5 (15.9 – 44.8)	0.70 (0.20 – 0.91)
PRE-Bike					
VL	4.8 ± 1.6	5.9 ± 2.3	18.8 (-2.2 – 44.4)	24.3 (16.6 – 44.6)	0.78 (0.39 – 0.93)
RF	5.1 ± 2.1	5.7 ± 1.3	18.0 (-7.0 – 49.7)	28.5 (19.1 – 55.2)	0.58 (0.00 – 0.87)
Stage 7					
VL	5.5 ± 2.1	5.9 ± 2.2	7.3 (-15.9 – 37.0)	31.2 (21.2 – 58.6)	0.68 (0.21 – 0.90)
RF	4.7 ± 1.9	5.9 ± 1.7	33.4 (1.9 – 74.6)	32.8 (21.9 – 64.4)	0.58 (0.01 – 0.87)
POST					
VL	6.5 ± 1.9	7.4 ± 3.3	10.2 (-11.0 – 36.4)	26.9 (18.4 – 49.8)	0.63 (0.12 – 0.88)
RF	4.9 ± 2.2	5.5 ± 1.2	23.0 (-14.2 – 76.2)	46.1 (30.3 – 94.4)	0.10 (0.00 – 0.64)
POST-Chair					
VL	5.6 ± 2.1	6.3 ± 2.2	16.7 (-9.0 – 49.6)	29.9 (20.1 – 58.3)	0.56 (0.02 – 0.86)
RF	5.6 ± 2.2	6.1 ± 2.1	15.8 (-12.3 – 52.8)	31.6 (20.8 – 65.0)	0.49 (0.00 – 0.84)

Table 2.

	Session 1 ± SD	Session 2 ± SD	% Change in mean (95% CI)	CV (95% CI)	ICC (95% CI)
PRE-Chair					
VL	12.2 ± 5.0	14.0 ± 4.5	18.2 (-4.3 – 45.9)	26.4 (18.1 – 48.8)	0.71 (0.26 – 0.91)
RF	8.9 ± 1.9	9.5 ± 2.2	6.8 (-6.6 – 22.1)	15.2 (10.4 – 28.2)	0.65 (0.11 – 0.89)
PRE-Bike					
VL	13.4 ± 4.6	13.5 ± 4.3	1.1 (-10.0 – 13.6)	13.9 (9.6 – 24.7)	0.88 (0.64 – 0.96)
RF	8.9 ± 3.2	9.2 ± 2.2	6.4 (-17.1 – 36.5)	30.0 (20.1 – 58.4)	0.34 (0.00 – 0.77)
Stage 7					
VL	13.9 ± 4.9	14.5 ± 4.8	5.5 (-8.4 – 21.6)	17.1 (11.8 – 30.7)	0.84 (0.54 – 0.95)
RF	8.5 ± 3.2	8.9 ± 2.1	8.3 (-15.2 – 38.3)	29.4 (19.7 – 57.1)	0.42 (0.21 – 0.80)
POST-Bike					
VL	14.0 ± 4.6	16.0 ± 4.5	15 (-6.2 – 41.0)	25.4 (17.4 – 46.9)	0.60 (0.07 – 0.87)
RF	7.2 ± 2.5	8.6 ± 2.3	22.4 (-10.8 – 68.1)	39.6 (26.2 – 79.5)	0.07 (0.00 – 0.53)
POST-Chair					
VL	12.1 ± 5.0	13.2 ± 4.6	17.9 (-4.7 – 46.0)	25.2 (17.0 – 48.3)	0.76 (0.33 – 0.93)
RF	9.2 ± 2.7	9.5 ± 2.7	7.4 (-11.8 – 30.7)	21.4 (14.3 – 42.6)	0.55 (0.00 – 0.87)