

**Table 4.** Participant-specific coefficient of correlation ( $R^2$ ), intercept and slope of linear regressions between recruitment threshold (%MViF) and motor unit conduction velocity (MUCV) in tibialis anterior muscle. INT = intervention group consisting of four weeks of strength training and CON= control group. #  $P < 0.05$ , \*  $P < 0.001$ .

| RT - MUCV   |       |        |           |       |        |           |       |
|-------------|-------|--------|-----------|-------|--------|-----------|-------|
| Participant | Group | PRE    |           |       | POST   |           |       |
|             |       | $R^2$  | Intercept | Slope | $R^2$  | Intercept | Slope |
| <b>S1</b>   | INT   | 0.80 # | 3.66      | 0.027 | 0.77 # | 3.43      | 0.049 |
| <b>S2</b>   | INT   | 0.89 * | 3.44      | 0.022 | 0.84 * | 3.36      | 0.033 |
| <b>S3</b>   | INT   | 0.49 # | 3.76      | 0.014 | 0.49 # | 3.82      | 0.027 |
| <b>S4</b>   | INT   | 0.68 # | 3.39      | 0.018 | 0.64 # | 3.30      | 0.031 |
| <b>S5</b>   | INT   | 0.67 # | 4.46      | 0.011 | 0.60 # | 4.65      | 0.018 |
| <b>S6</b>   | INT   | 0.83 # | 3.05      | 0.036 | 0.95 * | 3.27      | 0.031 |
| <b>S7</b>   | INT   | 0.80 # | 4.10      | 0.020 | 0.80 # | 4.06      | 0.023 |
| <b>S8</b>   | INT   | 0.82 # | 4.59      | 0.016 | 0.76 # | 4.79      | 0.030 |
| <b>S9</b>   | INT   | 0.68 # | 4.41      | 0.023 | 0.76 # | 4.44      | 0.024 |
| <b>S10</b>  | INT   | 0.67 # | 4.30      | 0.013 | 0.80 # | 4.28      | 0.014 |
| <b>S11</b>  | INT   | 0.57 # | 4.32      | 0.015 | 0.69 # | 4.52      | 0.013 |
| <b>S12</b>  | INT   | 0.99 # | 3.70      | 0.010 | 0.47   | 3.78      | 0.006 |
| <b>S13</b>  | CON   | 0.74 * | 3.22      | 0.021 | 0.46 # | 3.43      | 0.016 |
| <b>S14</b>  | CON   | 0.52 # | 4.41      | 0.019 | 0.42 # | 4.55      | 0.010 |
| <b>S15</b>  | CON   | 0.71 # | 3.62      | 0.020 | 0.83 # | 3.64      | 0.018 |
| <b>S16</b>  | CON   | 0.57 # | 3.90      | 0.009 | 0.62 # | 3.62      | 0.016 |
| <b>S17</b>  | CON   | 0.73 # | 3.03      | 0.027 | 0.64 # | 3.54      | 0.016 |
| <b>S18</b>  | CON   | 0.63 # | 3.88      | 0.020 | 0.70 # | 3.94      | 0.025 |
| <b>S19</b>  | CON   | 0.56 # | 3.12      | 0.016 | 0.86 * | 3.05      | 0.017 |
| <b>S20</b>  | CON   | 0.88 # | 3.37      | 0.014 | 0.98 * | 3.36      | 0.014 |
| <b>S21</b>  | CON   | 0.88 # | 4.59      | 0.003 | 0.87 # | 4.43      | 0.008 |
| <b>S22</b>  | CON   | 0.87 * | 3.17      | 0.033 | 0.91*  | 3.17      | 0.027 |
| <b>S23</b>  | CON   | 0.31 # | 3.98      | 0.018 | 0.50 # | 3.76      | 0.029 |
| <b>S24</b>  | CON   | 0.50   | 4.27      | 0.014 | 0.88 # | 4.07      | 0.010 |