

Table 4. Vastus lateralis and rectus femoris silent period during 50%MVC (CSP₅₀), 75%MVC (CSP₇₅), 100%MVC (CSP₁₀₀) before the fatigue sessions (Baseline), at 25%, 50%, 75% and 100% of time to exhaustion in SEV_{ABS} and at exhaustion (EXH).

	Baseline	25%	50%	75%	100%	EXH
VL CSP₅₀						
NORM	307±43	291±77	292±79	285±75	288±76	294±73
MOD _{REL}	286±43	285±60	277±61	275±69	273±51	289±73
MOD _{ABS}	304±54	298±49	290±54	269±80	291±71	290±59
SEV _{REL}	296±52	296±52	282±64	287±62	278±56	293±61
SEV _{ABS}	296±45	288±52	276±50	285±67	281±56	
VL CSP₁₀₀						
NORM	286±56	285±63	288±67	286±67	295±63	269±69
MOD _{REL}	270±49	271±66	282±60	271±60	282±65	250±64
MOD _{ABS}	276±52	298±63	289±63	290±65	284±70	281±68
SEV _{REL}	279±61	283±58	285±63	282±54	287±63	272±68
SP ₁₀₀	275±44	291±58	279±65	268±74	267±62	
RF CSP₅₀						
NORM	303±39	289±78	289±76**	286±82**	288±77**	293±72
MOD _{REL}	290±46	286±57	274±57**	276±59**	274±55**	290±68
MOD _{ABS}	311±60	297±51	291±54**	270±81**	289±65**	291±60
SEV _{REL}	297±51	294±53	285±64**	286±60**	282±56**	295±59
SEV _{ABS}	304±49	291±55	273±48**	277±52**	277±48**	
RF CSP₁₀₀						
NORM	276±55	289±63	286±66	288±68	290±68	267±74
MOD _{REL}	271±46	277±56	285±55	277±59	284±60	256±65
MOD _{ABS}	274±35	299±63	291±64	288±61	284±65	272±71
SEV _{REL}	275±59	284±57	287±58	287±54	286±61	268±65
SEV _{ABS}	274±48	291±57	275±61	255±50	262±56	

Data are mean±SD and is presented in ms.

Significantly different from Baseline (main effect of time): * P < 0.05.