

Supplementary Table 1: Pre-exercise information given to the 3 groups.

	Positive information group	Neutral information group	Negative information group
The information given to each of the three groups	<p>In a few minutes, you will do a wall squat exercise lasting 3 minutes in which you will be in a squat position against the wall for 3 minutes. After the wall squat exercise, the assessment of how you experience pressure pain that was just done will be assessed again. While doing the wall squat exercise, you will be asked to indicate whether the exercise causes any pain in the thigh muscles while standing in the squat position.</p> <p>What we know from previous studies about the effect of exercise e.g. cycling or walking on the experience of pressure pain is that a stronger pressure is needed before people experience that the pressure starts to hurt and also that a stronger pressure is needed before people cannot endure more pressure after exercise than before exercise. You may have heard that exercise can provide pain relief.</p> <p>Whether this is also the case after a squat exercise, such as the one you will be doing in a little while, has not yet been investigated, but we expect this to be the case, so that a stronger pressure is needed before you feel that the pressure begin to hurt and that you can endure a greater pressure than before.</p>	<p>In a few minutes, you will do a wall squat exercise lasting 3 minutes in which you will be in a squat position against the wall for 3 minutes. After the wall squat exercise, the assessment of how you experience pressure pain that was just done will be assessed again. While doing the wall squat exercise, you will be asked to indicate whether the exercise causes any pain in the thigh muscles while standing in the squat position.</p>	<p>In a few minutes, you will do a wall squat exercise lasting 3 minutes in which you will be in a squat position against the wall for 3 minutes. After the wall squat exercise, the assessment of how you experience pressure pain that was just done will be assessed again. While doing the wall squat exercise, you will be asked to indicate whether the exercise causes any pain in the thigh muscles while standing in the squat position.</p> <p>What we know from previous studies is that exercise e.g. cycling can induce muscle pain during exercise but also after exercise. You may be familiar with the experience of pain or soreness in your muscles after exercise.</p> <p>Whether this is also the case after a squat exercise, such as the one you will be doing in a little while, has not yet been investigated, but we expect this to be the case, so that less pressure is needed before you feel that the pressure begin to hurt and that you can endure less pressure than before.</p>