**Supplemental Digital Content 2.** Mental imagery script

The MI training was designed according to the Physical, Environment, Task, Timing, Learning, Emotion, and Perspective (PETTLEP) model by Holmes and Collins (1) and Macintyre et al. (2) by reflecting the similarities between the imagined and physical practice and including the specific taxonomy commonly used within the task setting. The attention of the subjects was directed to both visual and kinaesthetic/somatosensory sensations of movement. Subjects were instructed to use a first-person-perspective imagery, by imagining themselves moving from their own point of view, for instance, as if they were wearing a head camera.

*Part 1:* “Imagine yourself entering the weight room where the resistance training sessions routinely take place. Imagine yourself sitting on a bench and taking a few moments to recall the training plan for the today’s session. That is, the order of exercises, number of sets and repetitions to complete as well as the rest interval between consecutive sets”

*Part 2:* “Imagine yourself performing the motor sequence\* with your eyes closed by imagining the different movements, as if you had a camera on your head, and perceiving the body sensations. You see and perceive what you would if you actually performed this particular task. Start the timer just before you have grabbed the bar (start reference point), which means at the beginning of the first imagined movement. Complete each repetition with the downward phase lasting about 2 s, and then moving the bar up as forcefully and as fast as possible throughout the upward phase. Imagine the entire sequence and stop the timer as soon as you return the bar back on the rack (end reference point). Make sure you use imagery in the way that is most comfortable to you, but without moving your body”

\* Grabbing and unracking the bar > Executing the lifts as forcefully and fast as possible > Racking back the bar

**References:**

1. Holmes PS, Collins DJ. The PETTLEP approach to motor imagery: A functional equivalence model for sport psychologists. *J. Appl. Sport Psychol*. 2001;13(1):60-83.
2. Macintyre TE, Moran AP, Collet C, Guillot A. An emerging paradigm: a strength-based approach to exploring mental imagery. *Front Hum Neurosci*. 2013;7:104.