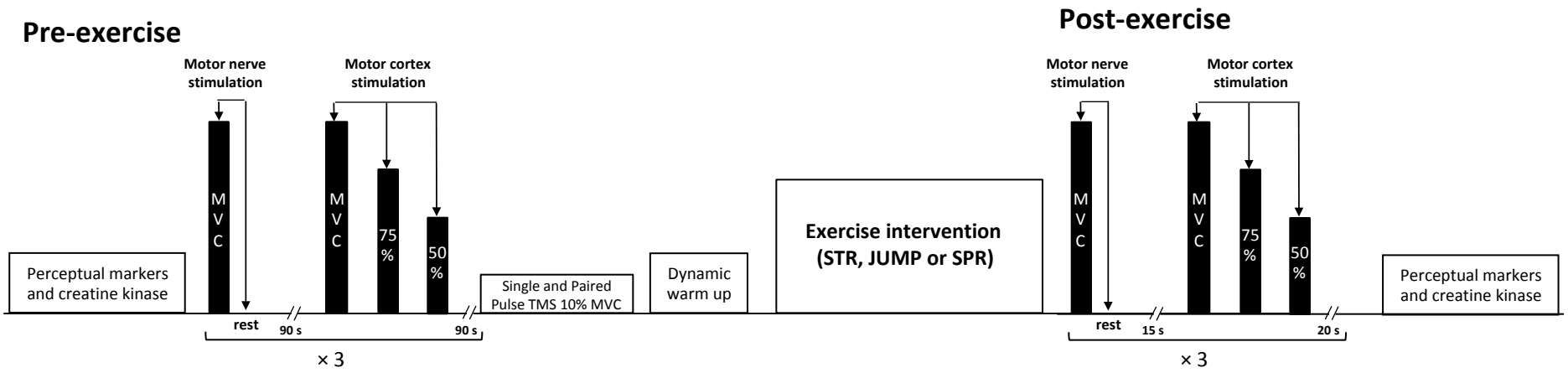

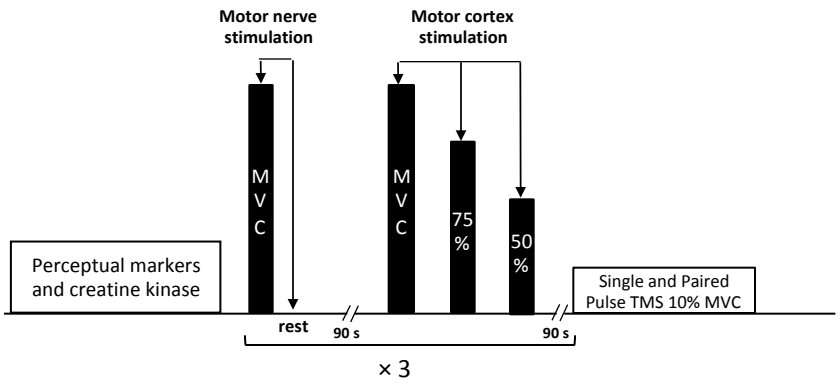

Supplemental digital content 1. Schematic of experimental protocol. Pre-exercise and at 24, 48 and 72 h post participants completed the battery of assessments in the same order. After the pre-exercise assessment participants completed one of three exercise interventions: i) heavy resistance training consisting of 10 × 5 repetitions of the high bar back squat at 80% 1RM, with 3 min recovery (STR); ii) 10 × 5 repetitions of a jump squat, with 3 min recovery (JUMP); iii) 15 × 30 m maximum sprints, with 2 min recovery (SPR). Participants were encouraged to complete every repetition with maximal intensity. Immediately post-exercise, central and peripheral neuromuscular fatigue were evaluated within 2 min of exercise cessation. Pre-exercise and at 24 h intervals thereafter, single-pulse transcranial magnetic stimulation (TMS) were administered during a submaximal isometric contraction at various percentages (90 to 160%) of active motor threshold (AMT) for the assessment of corticospinal excitability. Paired-pulse TMS were administered during submaximal contraction for assessment of short intracortical inhibition.