**Supplemental Digital Content 1**

Muscle volume ($cm^3$) before and after leg curl training

| | | Pre-TR | Post-TR | ANCOVA* | Adjusted Post |
|---|---|---|---|---|---|
| WH | Seated-Leg | 618.9 ± 171.3 | 705.7 ± 180.1 | $F(1, 20.2) = 27.5$, $P < .001$ | 699.4 |
| | Prone-Leg | 606.6 ± 163.2 | 663.1 ± 172.4 | Adjusted Pre = 612.7 | 669.5 |
| BFL | Seated-Leg | 171.5 ± 46.8 | 196.0 ± 47.2 | $F(1, 19.5) = 36.6$, $P < .001$ | 194.8 |
| | Prone-Leg | 169.1 ± 44.7 | 180.1 ± 44.5 | Adjusted Pre = 170.3 | 181.3 |
| ST | Seated-Leg | 159.6 ± 60.8 | 197.4 ± 71.2 | $F(1, 20.0) = 8.0$, $P = .010$ | 198..3 |
| | Prone-Leg | 162.1 ± 59.8 | 193.2 ± 69.2 | Adjusted Pre = 160.8 | 191.8 |
| SM | Seated-Leg | 205.3 ± 45.7 | 221.9 ± 46.0 | $F(1, 20.5) = 16.2$, $P = .001$ | 217.5 |
| | Prone-Leg | 196.5 ± 44.7 | 203.8 ± 46.8 | Adjusted Pre = 200.9 | 208.2 |
| BFS | Seated-Leg | 82.6 ± 28.0 | 90.5 ± 28.5 | $F(1, 20.6) = 1.8$, $P = .190$ | 88.7 |
| | Prone-Leg | 78.9 ± 26.3 | 86.0 ± 26.7 | Adjusted Pre = 80.7 | 87.8 |
| GRA | Seated-Leg | 77.9 ± 24.2 | 95.4 ± 28.5 | $F(1, 20.5) = 3.0$, $P = .097$ | 93.2 |
| | Prone-Leg | 74.0 ± 25.1 | 89.4 ± 27.9 | Adjusted Pre = 76.0 | 91.6 |
| SAR | Seated-Leg | 94.9 ± 31.4 | 102.3 ± 31.7 | $F(1, 20.3) = 17.5$, $P < .001$ | 101.0 |
| | Prone-Leg | 92.3 ± 32.4 | 103.3 ± 34.0 | Adjusted Pre = 93.6 | 104.6 |

Descriptive data are presented as means ± SDs

n = 20 legs for each of Seated-Leg and Prone-Leg

*The values for denominator degrees of freedom are obtained by a Satterthwaite approximation (therefore are not integers, see below for details)
https://www.ibm.com/support/pages/node/418737