

Supplemental Digital Content 2

ACSA (cm²) before and after leg curl training

		Pre-TR	Post-TR	ANCOVA*	Adjusted Post
BFL _{Proximal}	Seated-Leg	3.97 ± 1.49	4.77 ± 1.64	$F(1, 19.9) = 11.8, P = .003$ Adjusted Pre = 3.90	4.72
	Prone-Leg	3.84 ± 1.21	4.18 ± 1.21		4.24
BFL _{Distal}	Seated-Leg	6.58 ± 3.03	7.28 ± 3.31	$F(1, 19.9) = 4.9, P = .039$ Adjusted Pre = 6.47	7.17
	Prone-Leg	6.37 ± 2.67	6.72 ± 2.69		6.83
ST _{Proximal}	Seated-Leg	7.37 ± 2.57	9.45 ± 3.11	$F(1, 20.0) = 13.3, P = .002$ Adjusted Pre = 7.42	9.51
	Prone-Leg	7.48 ± 2.42	9.05 ± 2.98		8.99
ST _{Distal}	Seated-Leg	4.12 ± 2.05	5.00 ± 2.45	$F(1, 20.0) = 2.9, P = .107$ Adjusted Pre = 4.09	4.96
	Prone-Leg	4.04 ± 2.13	4.74 ± 2.40		4.78

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>