

## Supplemental Digital Content 5

1RM (kg) before and after eccentric exercise

		Pre-ECC	Post-ECC 24	Post-ECC 48	Post-ECC 72	ANCOVA*	Adj. 24	Adj. 48	Adj. 72
Seated 1RM	Seated-Leg	52.4 ± 19.5	52.1 ± 19.3	52.7 ± 18.5	53.9 ± 19.3	$F(2,58) = 11.7; 7.2; 5.7$	45.1	45.9	47.1
	Prone-Leg	45.2 ± 16.2	46.1 ± 16.8	47.0 ± 16.4	47.8 ± 15.8	$P = < .001^a; .002^b; .005^c$	45.9	46.8	47.6
	Control-Leg	39.0 ± 7.5	33.9 ± 5.7	35.6 ± 7.0	37.2 ± 6.6	Adj. Pre = 45.0	39.6	41.0	42.8
Prone 1RM	Seated-Leg	27.7 ± 8.5	26.6 ± 7.9	26.7 ± 8.5	27.8 ± 8.5	$F(2,58) = 16.1; 8.4; 7.2$	24.9	24.8	26.1
	Prone-Leg	29.6 ± 9.2	27.7 ± 8.9	28.3 ± 9.5	28.2 ± 8.4	$P = < .001^d; .001^e; .002^f$	24.3	24.7	24.9
	Control-Leg	20.9 ± 5.7	15.5 ± 4.9	16.4 ± 5.5	17.6 ± 5.7	Adj. Pre = 25.6	19.5	20.8	21.5

Descriptive data are presented as means ± SDs

n = 19 legs for each of Seated-Leg and Prone-Leg, and 24 legs for Control-Leg

\*The  $F$  and  $P$  values for Post-ECC 24, 48, and 72 are shown in this order, separated by semicolons

Post-hoc (LSD) tests:

- a) Seated 1RM at 24 h: Seated-Leg vs Prone-Leg,  $P = .580$ ; Seated-Leg vs Control-Leg,  $P < .001$ ; Prone-Leg vs Control-Leg,  $P < .001$
- b) Seated 1RM at 48 h: Seated-Leg vs Prone-Leg,  $P = .661$ ; Seated-Leg vs Control-Leg,  $P = .006$ ; Prone-Leg vs Control-Leg,  $P = .001$
- c) Seated 1RM at 72 h: Seated-Leg vs Prone-Leg,  $P = .745$ ; Seated-Leg vs Control-Leg,  $P = .011$ ; Prone-Leg vs Control-Leg,  $P = .003$
- d) Prone 1RM at 24 h: Seated-Leg vs Prone-Leg,  $P = .586$ ; Seated-Leg vs Control-Leg,  $P < .001$ ; Prone-Leg vs Control-Leg,  $P < .001$
- e) Prone 1RM at 48 h: Seated-Leg vs Prone-Leg,  $P = .929$ ; Seated-Leg vs Control-Leg,  $P = .001$ ; Prone-Leg vs Control-Leg,  $P = .001$
- f) Prone 1RM at 72 h: Seated-Leg vs Prone-Leg,  $P = .351$ ; Seated-Leg vs Control-Leg,  $P < .001$ ; Prone-Leg vs Control-Leg,  $P = .010$