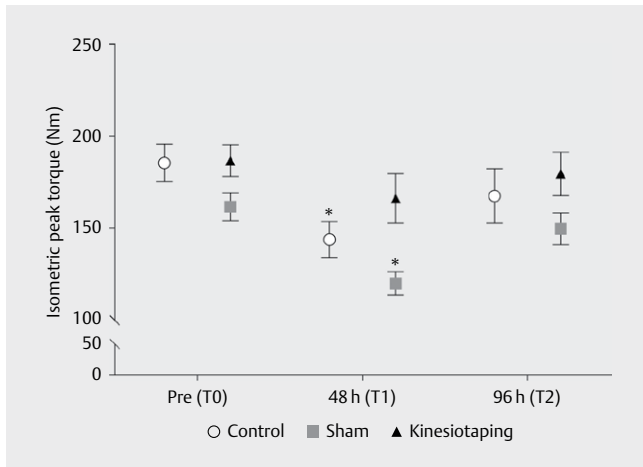
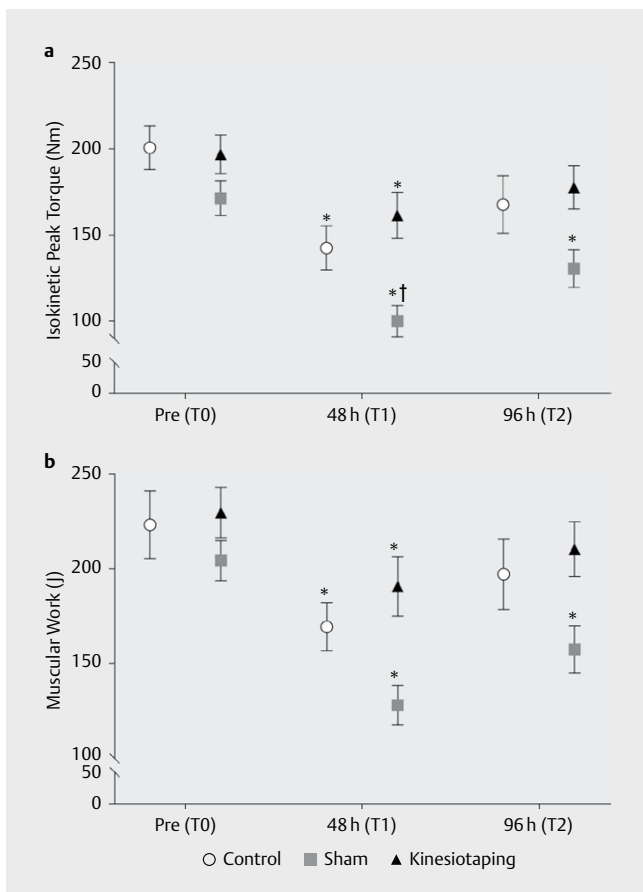


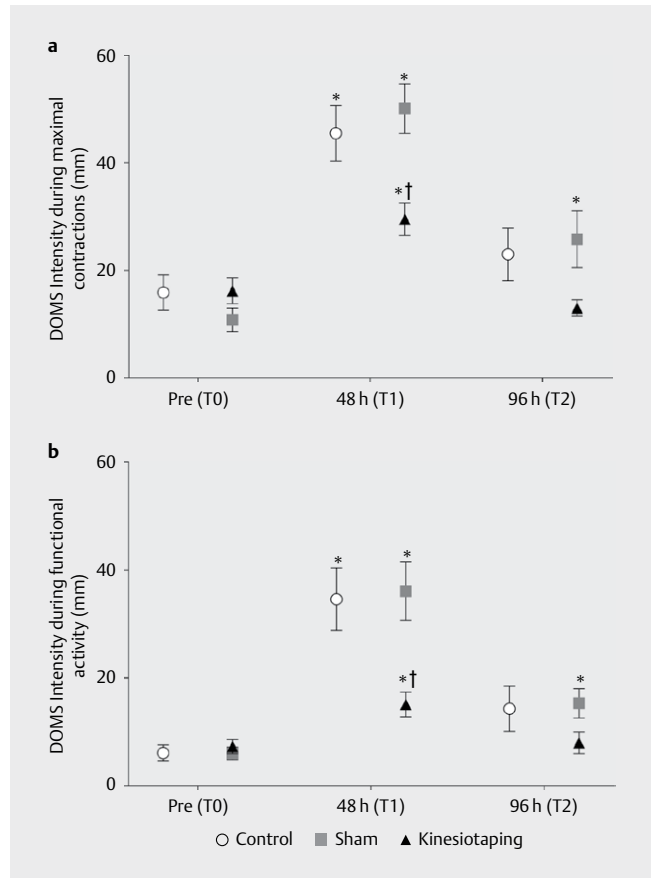
Supplementary Material



► **Fig. 25** Isometric peak torque at each time-point. *indicates $p < 0.05$ compared to preexercise value (T0), within group comparisons. Values are mean \pm SEM.



► **Fig. 35 a** Isokinetic peak torque; and **b** Muscular work at each time-point. *indicates $p < 0.05$ compared to pre-exercise value (T0), within group comparisons; † indicates $p < 0.05$ compared to control group at each time-point, between groups comparisons. Values are mean \pm SEM.



► **Fig. 45** Delayed onset muscle soreness intensity perceived during maximal voluntary contractions **a** and during functional activity **b**. *indicates $p < 0.05$ compared to pre-exercise value (T0), within group comparisons; † indicates $p < 0.05$ compared to control group at each time-point, between groups comparisons. Values are mean \pm SEM.