Supplementary Material

Fig. 2S Isometric peak torque at each time-point. *indicates p < 0.05 compared to preexercise value (T0), within group comparisons. Values are mean ± SEM.

Fig. 3S 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 ± SEM.

Fig. 4S 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 ± SEM.