

Article title: Contralateral Repeated Bout Effect in the Triceps Surae After Unilateral Heel Drop Exercise at 2- and 7-Day Interbout Intervals

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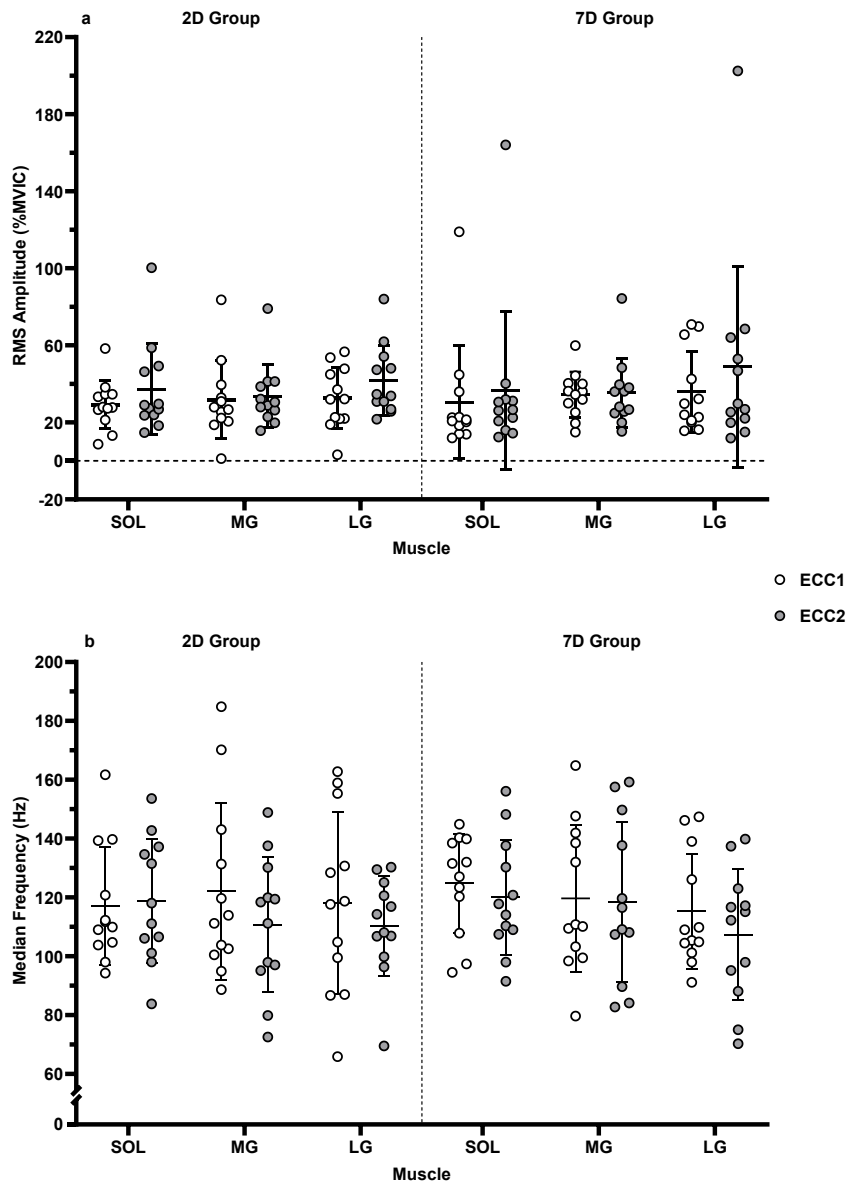
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Online Resource 2. Individual participant surface electromyography (sEMG) data corresponding to Fig. 4.



Supplementary Fig. S1. Individual participant surface electromyography (sEMG) data corresponding to Fig. 4. Panel **a** shows normalised root mean square (RMS) amplitude (% maximum voluntary isometric contraction; MVIC), and panel **b** shows median frequency (MDF; Hz), for the soleus (SOL), medial gastrocnemius (MG), and lateral gastrocnemius (LG) during the first (ECC1, open circles) and second (ECC2, grey circles) eccentric exercise bouts in the 2-day (2D) and 7-day (7D) interbout interval groups. Individual participant values are shown

with group means $\pm$ SD. RMS amplitude and MDF values were averaged across sets 3, 8, and 12.