

**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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### **Online Resource 3. Reliability evidence for the plantar-flexor maximal voluntary isometric contraction (MVIC) protocol**

The plantar-flexor MVIC protocol used in the present study was evaluated in a separate laboratory reliability dataset of 14 healthy adults ( $30 \pm 7$  years,  $78 \pm 14$  kg,  $1.77 \pm 0.05$  m; nine females and five males) using the same prone, heel-restrained, dorsiflexed testing configuration. Healthy adult participants completed repeated unilateral plantar-flexor MVIC assessments across within- and between-session comparisons, with torque recorded using the same dynamometry configuration and standardised strapping procedures. The protocol demonstrated excellent reliability and low measurement error, with intraclass correlation coefficients (ICC) of 0.93–0.98, coefficients of variation (CV) of 4.6–8.4%, standard errors of measurement (SEM) of 2–3 N·m, and 95% minimal detectable change (MDC95) values of 5–10 N·m. These reliability data support the use of this configuration for repeated plantar-flexor torque assessment and provide the measurement-error context used to interpret the absolute torque-loss contrasts in the present study.