

## RESEARCH ARTICLE

# Fatigue and recovery measured with dynamic properties versus isometric force: effects of exercise intensity

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## ABSTRACT

Although fatigue can be defined as an exercise-related decrease in maximal power or isometric force, most studies have assessed only isometric force. The main purpose of this experiment was to compare dynamic measures of fatigue [maximal torque ( $T_{\max}$ ), maximal velocity ( $V_{\max}$ ) and maximal power ( $P_{\max}$ )] with measures associated with maximal isometric force [isometric maximal voluntary contraction (IMVC) and maximal rate of force development (MRFD)] 10 s after different fatiguing exercises and during the recovery period (1–8 min after). Ten young men completed six experimental sessions (3 fatiguing exercises  $\times$  2 types of fatigue measurements). The fatiguing exercises were: 30 s all-out intensity (AI), 10 min at severe intensity (SI) and 90 min at moderate intensity (MI). Relative  $P_{\max}$  decreased more than IMVC after AI exercise ( $P=0.005$ ) while the opposite was found after SI ( $P=0.005$ ) and MI tasks ( $P<0.001$ ). There was no difference between the decrease in IMVC and  $T_{\max}$  after the AI exercise, but IMVC decreased more than  $T_{\max}$  immediately following and during the recovery from the SI ( $P=0.042$ ) and MI exercises ( $P<0.001$ ). Depression of MRFD was greater than  $V_{\max}$  after all fatiguing exercises and during recovery (all  $P<0.05$ ). Despite the general definition of fatigue, isometric assessment of fatigue is not interchangeable with dynamic assessment following dynamic exercises with large muscle mass of different intensities, i.e. the results from isometric function cannot be used to estimate dynamic function and vice versa. This implies different physiological mechanisms for the various measures of fatigue.

**KEY WORDS:** Maximal power output, Maximal isometric voluntary contraction, Neuromuscular fatigue assessment

## INTRODUCTION

One of the most common definitions of neuromuscular (NM) fatigue is an exercise-related decrease in the maximal voluntary force or power output (Bigland-Ritchie et al., 1986; Enoka, 2012). The vast majority of fatigue investigations, including our own studies, have only considered the decrement in isometric maximal voluntary contraction (IMVC) as a fatigue index (e.g. Behm and St-Pierre, 1997; Bigland-Ritchie and Woods, 1984; Doyle-Baker et al., 2018; Froyd et al., 2016; Gandevia et al., 1996; Kennedy et al., 2016; MacIntosh et al., 1994; Morris et al., 2012; Temesi

et al., 2014; Thomas et al., 2016; Wüthrich et al., 2014). In fact, in our recently published meta-analysis (Krüger et al., 2018), we were able to identify 29 experimental studies that have examined the effects of age on IMVC loss after NM fatigue versus only 11 studies that have measured power output decrements. One reason for using almost exclusively IMVC as an index of fatigue is probably the simplicity of this measurement, as isometric transducers are more accessible and less expensive than dynamic ergometers. Another reason is that isometric contractions in combination with peripheral nerve/transcranial magnetic stimulation allow investigation of central (voluntary activation) and peripheral (electrically evoked force responses on relaxed muscles) fatigue (Millet et al., 2011). Yet, the assessment of changes in the maximal power output may be equally critical to quantify the impact of a fatiguing task, particularly after dynamic exercise, because of task specificity. Some experimental studies have shown that NM function changes with fatigue can be accompanied by a greater reduction in maximum power output and/or dynamic force production at high velocity than is typically seen for isometric force (Cheng and Rice, 2005, 2009; Westerblad et al., 1998). For instance, Cheng and Rice (2005) reported a  $\sim 46\%$  drop in power output following isotonic single-limb contractions, while isometric force decreased by  $\sim 26\%$ . This apparent discrepancy was related to the fact that power is dependent on both force and velocity, both of which can change with fatigue. Therefore, the assessment of isometric force alone can give an incomplete or misleading interpretation of the overall consequences of fatigue.

Although the assessment of power can give rise to additional insights into NM function that would not be discerned with the measurement of isometric force alone, most of the published studies considering dynamic measures of fatigue have used an isotonic or isokinetic dynamometer to measure power during single-limb tasks (Cheng and Rice, 2005, 2009; Dalton et al., 2015; Wallace et al., 2016). Investigating power responses during dynamic exercises with large muscle mass (e.g. cycling) is relevant because of its functional association with daily activities. For this reason, we recently developed an innovative cycling ergometer that can measure NM fatigue in both dynamic and isometric mode immediately after the cessation of exercise (Doyle-Baker et al., 2018). From evaluation of a single all-out acceleration, torque–velocity ( $T$ – $V$ ) and power–velocity ( $P$ – $V$ ) relationships can be obtained. These relationships allow calculation of the maximal theoretical torque ( $T_{\max}$ , representing maximal force production capability) and angular velocity ( $V_{\max}$ , representing maximal angular velocity until force can be produced), as well as the maximal power output ( $P_{\max}$ ), which combines both measurements (Samozino et al., 2007). These theoretical values represent the two extremes of the  $T$ – $V$  spectrum and well characterize the dynamic force production capabilities at low ( $T_{\max}$ ) and high ( $V_{\max}$ ) velocities. They give a better estimation of the maximal dynamic

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**List of symbols and abbreviations**

AI	all-out intensity
IMVC	isometric maximal voluntary contraction
MI	moderate intensity
MRFD	maximal rate of force development
NM	neuromuscular
$P_{\max}$	maximal power
$P-V$	power–velocity
RPE	rating of perceived exertion
SI	severe intensity
$\dot{V}_E/\dot{V}_{O_2}$	ventilatory equivalent ratio for oxygen
$\dot{V}_E/\dot{V}_{CO_2}$	ventilatory equivalent ratio for carbon dioxide
$V_{\max}$	maximal velocity
$\dot{V}_{O_{2,\max}}$	maximal oxygen uptake
$\dot{V}_{O_2}$	oxygen uptake
VT1	first ventilatory threshold
VT2	second ventilatory threshold
$T-V$	torque–velocity
$T_{\max}$	maximal torque

force production capabilities than the instantaneous torques measured during a cycling test as the instantaneous torques largely depend on the resistance set during the sprints, which is not the case for  $T_{\max}$  and  $V_{\max}$ . Moreover, our cycle ergometer has lockable pedals that allow switching from cycling to isometric contraction modes within seconds (Doyle-Baker et al., 2018).

As stated above, only a few studies have considered both isometric force and power responses after fatiguing tasks (Cheng and Rice, 2005, 2009) and, to the best of our knowledge, no study has examined both IMVC and power output following dynamic exercises with a large muscle mass performed at different intensities/durations. In addition, no study has yet compared the responses of dynamic assessment –  $P_{\max}$ ,  $T_{\max}$  and  $V_{\max}$  – with isometric measures of fatigue – IMVC and maximal rate of force development (MRFD) – following different fatiguing cycling exercises. Therefore, the aim of this study was to compare dynamic ( $T_{\max}$ ,  $V_{\max}$  and  $P_{\max}$ ) with isometric (IMVC and MRFD) measures of fatigue immediately after various intensities of dynamic fatiguing exercise and during the subsequent recovery period.

We compared dynamic properties and isometric force in response to three distinct cycling fatiguing exercises [30 s all-out intensity (AI), 10 min at severe intensity (SI) and 90 min at moderate intensity (MI)] to examine whether the differences and/or similarities between isometric and dynamic properties vary according to the intensity/duration of the protocol. As previously discussed and shown in the literature (Cheng and Rice, 2005, 2009; Dalton et al., 2015; de Haan et al., 1989), we expected that IMVC and  $P_{\max}$  would decrease differently after the fatiguing exercises, but the effects of different exercise intensity on the diversity of responses still required investigation. As both IMVC and  $T_{\max}$  represent the capacity to produce maximal force and both  $V_{\max}$  and MRFD are measures of explosiveness, we would expect a similar magnitude of changes of these properties in response to fatigue. Again, whether this is true following exercise at different intensities is not known. However, studies that have assessed either dynamic or isometric measures of fatigue have shown that these assessments are affected differently, according to the exercise intensity–duration relationship (Black et al., 2017; Hureau et al., 2014; Morris et al., 2012; O'Bryan et al., 2017; Thomas et al., 2016, 2015). Thus, we expected changes in fatigue outcome of different amplitude after the different exercise intensities/durations. For example, fatigue induced by AI exercise may cause a greater decrease in  $V_{\max}$  and, by

consequence,  $P_{\max}$  than the other fatiguing exercises because of an enhancement in [ADP], which has been associated with a reduction in maximal velocity (Westerblad et al., 1998).

**MATERIALS AND METHODS****Ethical approval**

Written informed consent was obtained from each participant before beginning the study. This study was approved by the Conjoint Health Research Ethics Board of the University of Calgary (REB #15-2430) and it was conducted according to the guidelines of the Declaration of Helsinki, except for registration in a database.

**Participants**

Ten young adult males volunteered to participate in this study [mean±s.d. age: 27±4 years; height: 181±6 cm; body mass: 79±9 kg; maximal oxygen uptake ( $\dot{V}_{O_{2,\max}}$ ): 49±7 ml kg<sup>−1</sup> min<sup>−1</sup>]. To be included in this study, participants needed to be healthy, non-smokers, non-obese and without chronic metabolic disease. All participants were healthy according to the Physical Activity Readiness Questionnaire (PAR-Q). Physical activity status was assessed with the Godin Leisure Time Exercise Questionnaire. The participants were classified as physically active (exercise duration >150 min per week of moderate to vigorous intensity exercise) consistent with the Canadian Physical Activity Guidelines (<https://csepguidelines.ca>). The participants were instructed to refrain from consuming caffeine and alcohol for 12 h prior to testing sessions and from participating in any strenuous exercise the day before testing. The characteristics of the participants are presented in Table 1.

**Experimental protocol**

Participants visited the laboratory on seven different occasions. During the first visit, participants performed an incremental exercise test on a recumbent cycle ergometer to volitional exhaustion while their oxygen uptake was measured by open circuit spirometry (Quark CPET, COSMED, Rome, Italy). The initial power output was 90 W with 15 W increments every minute. The Quark CPET metabolic cart was used to determine first ventilatory threshold (VT1), second ventilatory threshold (VT2), and  $\dot{V}_{O_{2,\max}}$ .  $\dot{V}_{O_{2,\max}}$  was determined to have been achieved when a  $\dot{V}_{O_2}$  plateau was observed (when the  $\dot{V}_{O_2}$  varied by less than 1.5 ml kg<sup>−1</sup> min<sup>−1</sup> with an increase in workload) (Cunha et al., 2011). If there was no plateau, the  $\dot{V}_{O_2}$  peak was considered as the highest  $\dot{V}_{O_2}$  over 30 s. VT1 was identified as the minimum workload at which the ventilatory equivalent ratio for oxygen ( $\dot{V}_E/\dot{V}_{O_2}$ ) systematically increased

**Table 1. Characteristics of the participants**

	Mean±s.d.
Age (years)	27±4
Height (cm)	181±6
Mass (kg)	79±9
$\dot{V}_{O_{2,\max}}$ or $\dot{V}_{O_{2,\text{peak}}}$ (ml kg <sup>−1</sup> min <sup>−1</sup> )	49±7
$P_{\max}$ output (W)	304±53
$P$ output at the plateau (W)	268±40
VT1	
$\dot{V}_{O_2}$ (ml kg <sup>−1</sup> min <sup>−1</sup> )	32±4
$P$ output (W)	155±10
VT2	
$\dot{V}_{O_2}$ (ml kg <sup>−1</sup> min <sup>−1</sup> )	42±7
$P$ output (W)	226±30

$\dot{V}_{O_{2,\max}}$ , maximal oxygen uptake;  $\dot{V}_{O_{2,\text{peak}}}$ , peak oxygen uptake;  $\dot{V}_{O_2}$ , oxygen uptake;  $P_{\max}$ , maximal power;  $P$ , power; VT1, first ventilatory threshold; VT2, second ventilatory threshold.  $n=10$  participants.

without an increase in the ventilatory equivalent ratio for carbon dioxide ( $\dot{V}_E/\dot{V}_{CO_2}$ ) and VT2 as the lowest workload where  $\dot{V}_E/\dot{V}_{O_2}$  and  $\dot{V}_E/\dot{V}_{CO_2}$  both increased. VT1, VT2 and  $\dot{V}_{O_{2,max}}$  were obtained by visual inspection of graphs by two independent observers (R.L.K. and L.M.J.). Disagreements were resolved by a third author (G.Y.M.). After the incremental cycling test, the participants were familiarized with the isometric NM function assessment and the  $T-V$  cycling sprint test.

Subsequently, participants randomly completed the six experimental sessions separated by at least 3 days. The responses to three durations of cycling exercises (30 s all-out intensity, 10 min at severe intensity and 90 min at moderate intensity) were assessed by either isometric or dynamic measures of fatigue. The measurements were performed before (Pre), after (Post) and at +1, +2, +4 and +8 min after each cycling task.

### Fatiguing exercises

Participants performed three different durations of exercise on a recumbent cycling ergometer adapted from a Velotron ergometer (Racer Mate, Seattle, WA, USA). For the AI exercise trial, participants were instructed to cycle as fast and as hard as possible against the same resistance previously determined for the  $T-V$  sprint test for 30 s. The SI cycling task was performed at a power output corresponding to 5% above VT2. Participants were instructed to keep the cadence constant between 60 and 80 rpm. If they were not able to keep the cadence above 60 rpm ( $n=3$ ), power output was slightly reduced (by 10 W) so that they could finish the task. When this happened, the same power output reduction was applied during the other SI session. For the MI session, intensity was determined as the power output corresponding to 20% below VT1. Participants were also instructed to keep the cadence constant at their preferred rate (between 60 and 80 rpm). In the SI and MI conditions, participants were instructed to choose a cadence between 60 and 80 rpm and to keep it constant during the exercise. The average cadence sustained during the SI and MI tasks was  $76\pm 5$  and  $76\pm 6$  rpm, respectively. Rating of perceived exertion (RPE) was again assessed within the first revolutions and within the last 30 s of exercise. For the AI exercise, RPE was assessed before and immediately after cessation of the task.

### NM function test

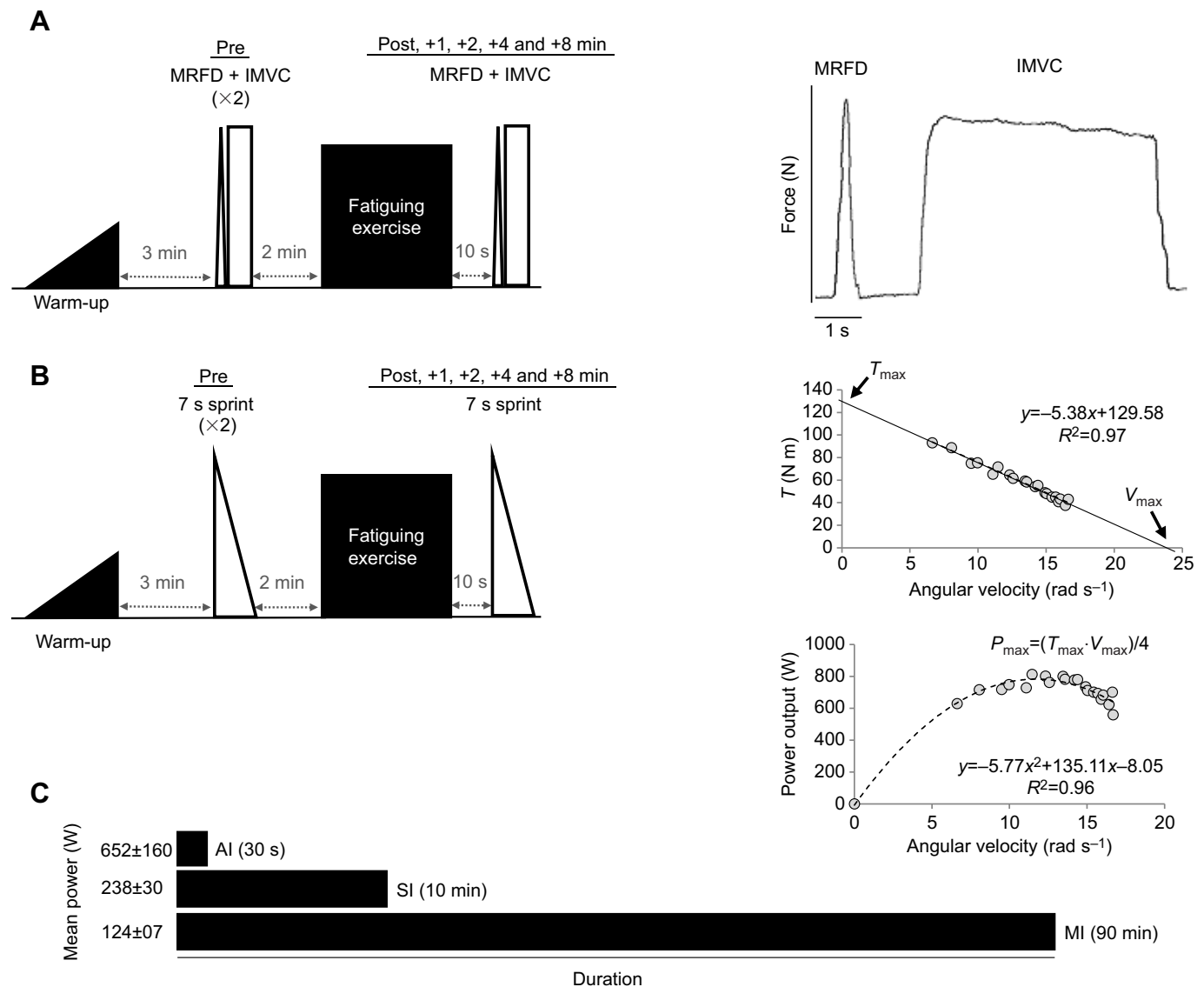
The NM function assessment was performed on the same recently validated recumbent cycling ergometer (Doyle-Baker et al., 2018). This ergometer includes instrumented pedals (Model PF1.0.0, Radlabor GmbH, Freiburg, Germany) that measure bilateral force applied to the crank in two directions (radial and tangential). The pedals can be locked at the 90 deg knee position to allow the subject to perform a unilateral isometric contraction similar to that which can be performed in an isometric chair (Doyle-Baker et al., 2018). In this study, the NM function test was conducted with the right leg only. To perform IMVCs with the right knee extensors, the left pedal needs to be locked at a fixed leg position, allowing the right knee and ankle to be at the 90 deg position. During the IMVC, the individuals were secured by non-compliant straps at the hip and chest and were instructed to place their hands across their chest. The participants performed a 5 min standard warm-up, which consisted of cycling for 3 min at 30%, 1 min at 45% and 1 min at 60% of the power output corresponding to the beginning of the  $\dot{V}_{O_{2,max}}$  plateau. Following the warm-up, the first NM evaluation was carried out (Fig. 1A), without moving from the ergometer. First, an explosive IMVC was performed as fast and as hard as possible (<1 s) to measure MRFD. Participants were instructed to contract as fast as

possible and to quickly relax right after reaching the maximal force. One second after full relaxation, participants performed a 5 s IMVC during which they attempted to contract as hard as possible and to maintain this level for ~5 s while receiving strong verbal encouragement. MRFD and IMVC were not measured during the same contraction because many subjects have difficulty maintaining a force plateau when contracting as fast as possible. Therefore, the assessment of both outcomes in the same contraction could jeopardize the voluntary activation measurement (data not shown) by reducing the possibility of reaching a plateau during the IMVC. The pre-assessment was performed twice with 2 min of rest between repeats. If there was a noticeable difference (~5–10%) in the IMVC, we asked the participant to repeat the sequence. The participants then performed one of the three fatiguing cycling exercises. At 10 s (Post) and 1, 2, 4 and 8 min after the end of the exercise, the participants repeated the same NM function assessments as prior to the trial. The 10 s delay between exercise cessation and the beginning of the post-exercise measurement was intentionally chosen to match the timeline of the 'Post' time point for the  $T-V$  sprint test. Force data were collected from the crank sensors at 500 Hz during the experiment using Imago Record (v.8.50; Radlabor GmbH). These data were saved and exported to Labchart 8 software (ADInstruments, Bella Vista, Australia) for later analysis.

### $T-V$ sprint test

All-out 7 s sprints (Fig. 1B) were performed on the same electronically braked recumbent cycling ergometer (Velotron) equipped with an eddy current braking system, which allows control of the resistance directly from the software. The participants performed two 7 s sprints against a resistance which was equivalent to 5% or 7% of body weight. The individual resistance was chosen based on the goodness of fit of the  $T-V$  and  $P-V$  relationships: highest coefficient of determination ( $R^2$ ), a greater range of velocities covered by experimental points (i.e. pedal downstrokes), and points distributed as equally as possible to both sides of the  $P-V$  relationship curve. This individual resistance would allow the subjects to achieve maximal power at about 50% of the sprint duration. Sprints were separated by 2 min rest. During the 7 s sprints, the participants were vigorously encouraged to pedal as fast as possible, remaining seated on the saddle and secured by chest and hip straps. The sprints were recorded with a video camera (Fujifilm FinePix XP80 Waterproof Digital Camera with 2.7 inch LCD, Tokyo, Japan) with a 240 Hz sampling frequency. Reflective markers were placed on the crank and on the pedal to measure angular displacement during the sprint. The camera was synchronized with the Labchart 8 software with a light signal. After 3 min of rest, one of the three cycling exercises was performed. At 10 s (Post) and +1, +2, +4 and +8 min after the end of the exercise, the 7 s sprint was repeated. This 10 s delay was necessary to bring the flywheel to a complete stop from which the subsequent acceleration was initiated. During the 7 s sprint cycling tests, the instantaneous torque at the pedal crank was obtained from the instrumented pedals (sum of the tangential force of both pedals multiplied by the crank length) and recorded at 240 Hz in the Imago software, and the instantaneous angular velocity was calculated from the camera and Kinovea software after tracking the crank angular displacement at each 4.17 ms (240 Hz). Power was then calculated as the product of instantaneous torque and angular velocity.

After the MI condition, one individual could not achieve optimal velocity during the  $T-V$  relationship tests. The lower ability to rapidly overcome the flywheel resistance after NM fatigue



**Fig. 1. The different tests and fatiguing exercises.** (A) Neuromuscular (NM) function test. Subjects performed an explosive contraction to enable assessment of the maximal rate of force development (MRFD) followed by an isometric maximal voluntary contraction (IMVC) at baseline (Pre) and 10 s after the end of the fatiguing exercise (Post), and during recovery (+1, +2, +4 and +8 min). (B) Torque–velocity ( $T$ – $V$ ) sprint test. Subjects performed a 7 s sprint before (Pre) and 10 s following the fatiguing exercise (Post), and during recovery (+1, +2, +4 and +8 min). Maximal torque ( $T_{\max}$ ) and maximal velocity ( $V_{\max}$ ) represented the intercepts of the  $T$ – $V$  relationships with the force and velocity axis, respectively. Maximal power ( $P_{\max}$ ) was determined as the product of  $T_{\max}$  and  $V_{\max}$  divided by 4. (C) Fatiguing exercise intensity and duration. AI: 30 s at all-out intensity; SI: 10 min at severe intensity; MI: 90 min at moderate intensity.

compromised the dynamic properties assessment. Consequently,  $V_{\max}$  was highly extrapolated from the  $T$ – $V$  relationship curve, which increased the inaccuracy of not only  $V_{\max}$  but also  $P_{\max}$  computation. Because of that, this subject was excluded from this analysis.

### Data analysis

The highest IMVC and MRFD were recorded before the cycling task (Pre). MRFD was measured as the maximal slope of the force–time curve (Aagaard et al., 2002) (Fig. 1A). Instantaneous resultant torque, angular velocity and power output recorded at 240 Hz during cycling were averaged from each pedal downstroke of the acceleration phase (Samozino et al., 2007). Individual  $T$ – $V$  relationships were determined from pedal downstroke averaged values using least-square linear regression (Samozino et al., 2007). Therefore, each point in the  $T$ – $V$  and  $P$ – $V$  relationship curves

represents a pedal downstroke (Fig. 1B).  $T$ – $V$  relationships were extrapolated to obtain  $T_{\max}$  (the theoretical maximal torque that the lower limbs could produce) and  $V_{\max}$  (the theoretical maximal velocity at which the lower limbs could still produce torque) as the intercepts of the  $T$ – $V$  relationships with the force and velocity axis, respectively.  $P_{\max}$  was determined as the product of  $T_{\max}$  and  $V_{\max}$  divided by 4 (Vandewalle et al., 1987). The dataset is given in Tables S1–S5.

### Statistical analyses

All data were analyzed using the Statistical Package for Social Sciences (SPSS) version 24 (SPSS Inc., Chicago, IL, USA). Descriptive statistics (mean  $\pm$  s.d.) were used to describe the data. Levene's test was used to test the homogeneity of variance. Mauchly's sphericity test was used to assess the sphericity assumption. If sphericity was not confirmed, the



**Table 2. Reliability of neuromuscular function and torque–velocity sprint tests at baseline**

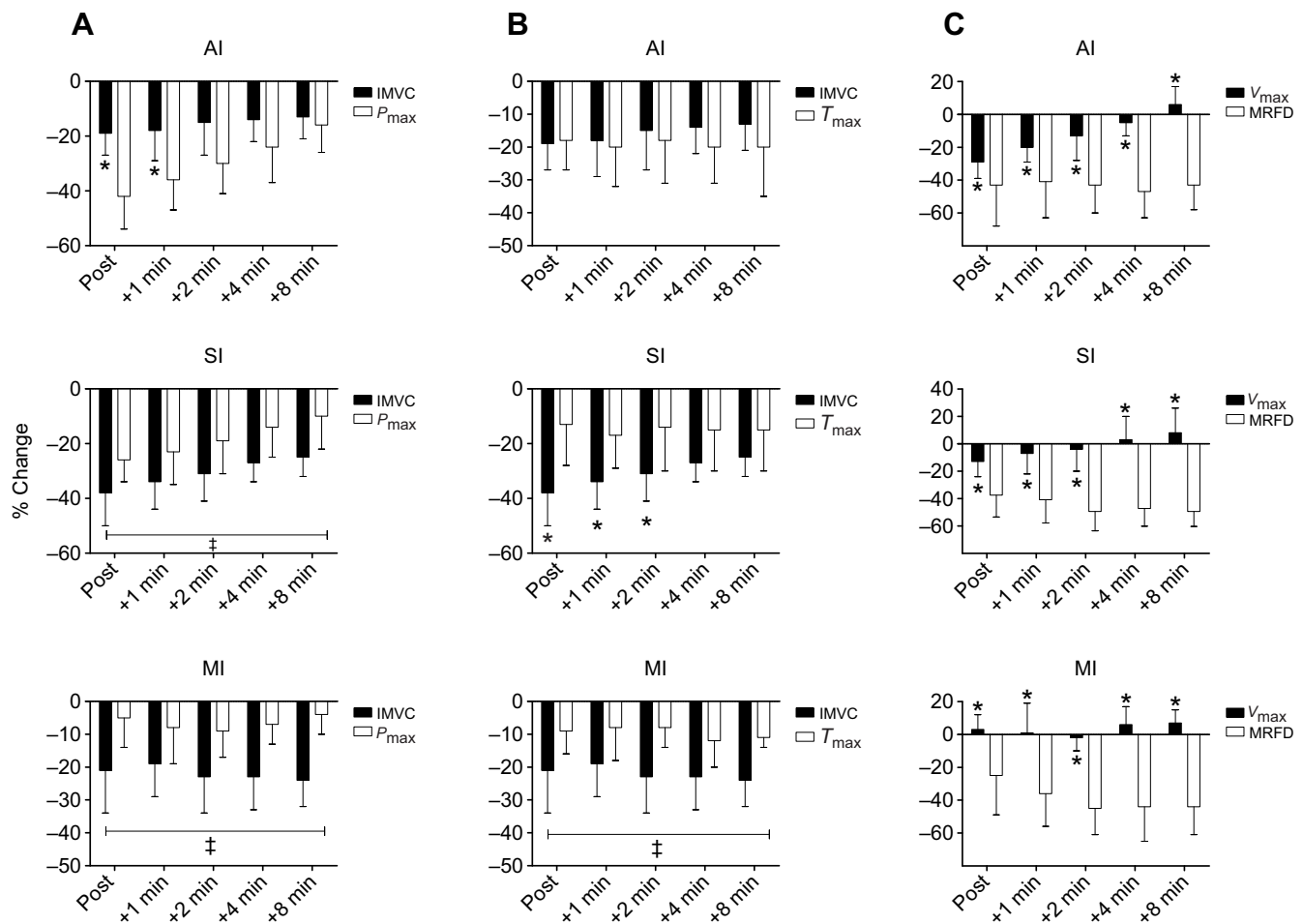
	AI	SI	MI	ANOVA	<i>P</i>	CV (%) (95% CI)	ICC (95% CI)	TEM
IMVC (N)	362±66	361±50	356±51	$F_{2,29}=0.032$	0.969	4.5 (2.7–6.4)	0.950 (0.853–0.986)	17
$T_{\max}$ (N)	156±40	163±34	159±33*	$F_{2,28}=0.088$	0.916	8.5 (6.3–10.7)	0.942 (0.831–0.984)	15
$P_{\max}$ (W)	920±218	1026±198	951±201*	$F_{2,28}=0.689$	0.511	9.0 (6.1–17.1)	0.918 (0.834–0.960)	89
$V_{\max}$ (rad s <sup>-1</sup> )	24±3	26±5	24±2*	$F_{2,28}=0.757$	0.479	7.5 (4.6–10.4)	0.850 (0.620–0.965)	2
MRFD (N s <sup>-1</sup> )	3909±1668	3774±832	3558±802	$F_{2,29}=0.228$	0.797	24.3 (13.1–35.4)	0.250 (–1.197–0.797)	1019

AI, 30 s all-out intensity; SI, 10 min at severe intensity; MI, 90 min at moderate intensity; CV, coefficient of variation; ICC, intraclass correlation; TEM, typical error of measurement; IMVC, isometric maximal voluntary contraction;  $T_{\max}$ , maximal torque;  $P_{\max}$ , maximal power;  $V_{\max}$ , maximal velocity; MRFD, maximal rate of force development. Data are means±s.d. ( $n=10$ ; \* $n=9$ ).

Greenhouse–Geisser correction factor was applied. A one-way analysis of variance (ANOVA) was used to test reproducibility of the NM function and  $T$ – $V$  sprint tests at baseline across the three testing sessions. Relative reliability was assessed through coefficient of variation (CV) and intraclass correlation coefficients (ICC) and the absolute reliability was tested through the calculation of typical error of measurement (TEM) (Hopkins, 2000).

Values obtained after exercise (Post) and during recovery were normalized to the highest baseline measures collected at the beginning of each session (Pre). To compare the changes of dynamic measures versus isometric force production properties after fatigue and during recovery (IMVC versus  $P_{\max}$ , IMVC versus  $T_{\max}$ , and  $V_{\max}$  versus MRFD), two-way repeated measures ANOVA

performed on the relative decrease (Post, and +1, +2, +4 and +8 min) were used for each type of fatiguing exercise. Spearman (correlations with IMVC) and Pearson (all other correlations) correlation coefficients were calculated to explore the associations between dynamic measures versus isometric force production properties (i.e. IMVC versus  $P_{\max}$ , IMVC versus  $T_{\max}$  and  $V_{\max}$  versus MRFD). A one-way ANOVA followed by Bonferroni *post hoc* test was used to compare the relative changes for each dependent variable (IMVC, MRFD,  $P_{\max}$ ,  $V_{\max}$  and  $T_{\max}$ ) at the end of the exercise (Post) between three types of fatiguing exercise. Then, a two-way repeated measures ANOVA was conducted to compare the influence of the three cycling exercises on each dependent variable (IMVC, MRFD,  $P_{\max}$ ,  $V_{\max}$  and  $T_{\max}$ ) during the recovery (Post,



**Fig. 2. Comparison of decreases in dependent variables following the three fatiguing exercises.** (A) IMVC and  $P_{\max}$ ; (B) IMVC and  $T_{\max}$ ; and (C) MRFD and  $V_{\max}$ . AI: 30 s at all-out intensity; SI: 10 min at severe intensity; MI: 90 min at moderate intensity. Data are means±s.d. ( $n=10$ ;  $P_{\max}$ ,  $T_{\max}$  and  $V_{\max}$  in MI condition:  $n=9$ ). Significant differences between dependent variables are indicated (\*two-way ANOVA followed by multiple paired *t*-tests adjusted for multiple comparison,  $P<0.05$ ; †two-way ANOVA followed by Bonferroni *post hoc* test,  $P<0.05$ ).

+1 min, +2 min, +4 min, and +8 min). For the two-way ANOVA, when a main effect of time or fatiguing task was observed, Bonferroni *post hoc* tests were applied. If there was an interaction, multiple paired *t*-tests were performed followed by Holm–Bonferroni correction for multiple comparisons. Effect sizes for the ANOVA were reported as partial eta-squared (partial  $\eta^2$ ). For hypothesis testing, the 95% confidence level was predetermined as the minimum criterion to denote a statistical difference ( $P \leq 0.05$ ).

## RESULTS

Reliability of NM function and  $T-V$  tests at baseline (Pre) is presented in Table 2. There was no difference at baseline between the three exercise conditions for any variable. Mean power outputs for the three fatiguing exercises are presented in Fig. 1C.

### Comparisons between the main indices

#### IMVC versus $P_{\max}$

There was a time $\times$ variable interaction after the AI exercise ( $F_{4,36}=13.035$ ,  $P<0.001$ , partial  $\eta^2=0.592$ ; Fig. 2A), showing that  $P_{\max}$  decreased more than IMVC after exercise (Post) ( $P=0.005$ ) and at +1 min of recovery ( $P=0.048$ ), but the difference was no longer significant from +2 min. Conversely, IMVC was more reduced than  $P_{\max}$  at the 'Post' time point and during recovery from the SI exercise (variable,  $F_{1,9}=15.700$ ,  $P=0.003$ , partial  $\eta^2=0.636$ ; Fig. 2A) and the MI exercise (variable,  $F_{1,8}=77.809$ ,  $P<0.001$ , partial  $\eta^2=0.907$ ; Fig. 2A) without any time $\times$ variable interaction. There was no correlation between the decrease in IMVC and the decrease in  $P_{\max}$  ( $r=0.079$ ,  $P=0.683$ ; Fig. 3A).

#### IMVC and $T_{\max}$

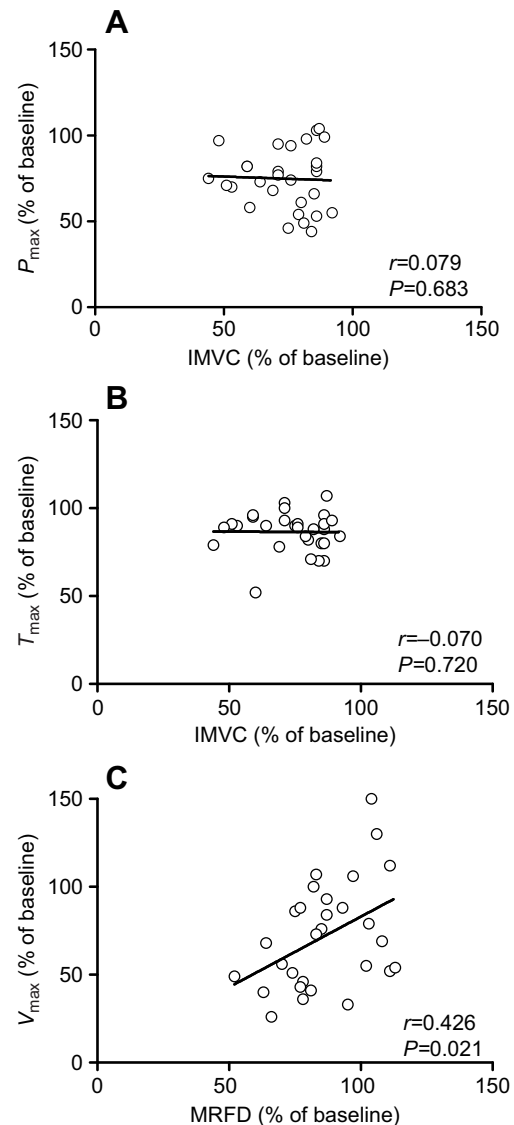
There was no difference between the decrease in IMVC and the decrease in  $T_{\max}$  after the AI exercise (Fig. 2B). After the SI exercise, there was a time $\times$ variable (IMVC and  $T_{\max}$ ) interaction ( $F_{4,36}=3.738$ ,  $P=0.012$ , partial  $\eta^2=0.293$ ; Fig. 2B). IMVC was significantly more reduced than  $T_{\max}$  after exercise (Post) and at +1 min and +2 min of recovery ( $P<0.042$ ), i.e. the differences between the two variables tended to shrink during recovery. IMVC was also more reduced than  $T_{\max}$  after exercise (Post) and during recovery after the MI task (variable,  $F_{1,8}=36.138$ ,  $P<0.001$ , partial  $\eta^2=0.819$ ; Fig. 2B) without any time $\times$ variable interaction. There was no correlation between the decrease in IMVC and the decrease in  $T_{\max}$  ( $r=-0.070$ ,  $P=0.720$ ; Fig. 3B).

#### MRFD and $V_{\max}$

There was a time $\times$ variable interaction for the AI task ( $F_{4,36}=9.748$ ,  $P<0.001$ , partial  $\eta^2=0.520$ ; Fig. 2C), SI task ( $F_{4,36}=7.953$ ,  $P<0.001$ , partial  $\eta^2=0.469$ ; Fig. 2C) and MI task ( $F_{4,36}=2.859$ ,  $P=0.039$ , partial  $\eta^2=0.263$ ; Fig. 2C). MRFD demonstrated a much greater depression than  $V_{\max}$  after exercise (Post) and during recovery for all the fatiguing exercises (all  $P<0.05$ ). There was a moderate but significant correlation between the reduction in  $V_{\max}$  and the reduction in MRFD ( $r=0.426$ ,  $P=0.021$ ; Fig. 3C).

### Fatigue and recovery responses after each type of fatiguing exercise

There was a significant difference in the relative change in the measured variables (Pre to Post) between the exercise conditions for IMVC ( $F_{2,29}=8.810$ ,  $P=0.001$ ; Fig. 4A),  $P_{\max}$  ( $F_{2,28}=32.546$ ,  $P<0.001$ ; Fig. 4B) and  $V_{\max}$  ( $F_{2,28}=24.572$ ,  $P<0.01$ ; Fig. 4C) but not for  $T_{\max}$  and MRFD (Fig. 4D,E). IMVC was lower after the SI trial ( $62\pm 12\%$  of baseline) than after both the AI ( $81\pm 8\%$  of baseline) and MI trials ( $79\pm 13\%$  of baseline) ( $P<0.006$ ). The



**Fig. 3. Correlation between decreases in dependent variables following the three fatiguing exercises.** (A) IMVC and  $P_{\max}$ . (B) IMVC and  $T_{\max}$ . (C) MRFD and  $V_{\max}$ . Spearman (correlations with IMVC) and Pearson (all other correlations) correlation coefficients ( $r$ ) are shown. Data are means $\pm$ s.d. ( $n=29$ ).

reduction of  $P_{\max}$  was greater after the AI trial (to  $58\pm 12\%$  of baseline), followed by the SI trial (to  $74\pm 8\%$  of baseline) and then by the MI trial (to  $94\pm 10\%$  of baseline) (all  $P<0.01$ ).  $V_{\max}$  decreased more after the AI trial (to  $71\pm 10\%$  of baseline), followed by the SI trial (to  $87\pm 11\%$  of baseline) and was not affected by the MI trial (to  $103\pm 9\%$  of baseline) ( $P<0.005$ ).

During recovery, there was a time $\times$ fatiguing exercise interaction for IMVC ( $F_{8,72}=2.973$ ,  $P=0.006$ , partial  $\eta^2=0.248$ ; Fig. 4A),  $P_{\max}$  ( $F_{8,64}=10.631$ ,  $P<0.001$ , partial  $\eta^2=0.571$ ; Fig. 4B) and  $V_{\max}$  ( $F_{8,64}=3.899$ ,  $P<0.001$ , partial  $\eta^2=0.328$ ; Fig. 4C) but there was neither an interaction nor an effect of time or fatiguing exercise for  $T_{\max}$  and MRFD (Fig. 4D,E).

### Rating of perceived exertion

There was a time $\times$ condition interaction for RPE ( $F_{2,59}=9.726$ ;  $P<0.001$ ). Although at the end of the exercises RPE was slightly increased, it was significantly greater after the AI ( $18\pm 3$ ) and the SI

(19±1) tasks than following the MI exercise (15±4) ( $P=0.009$  and  $P<0.001$ , respectively).

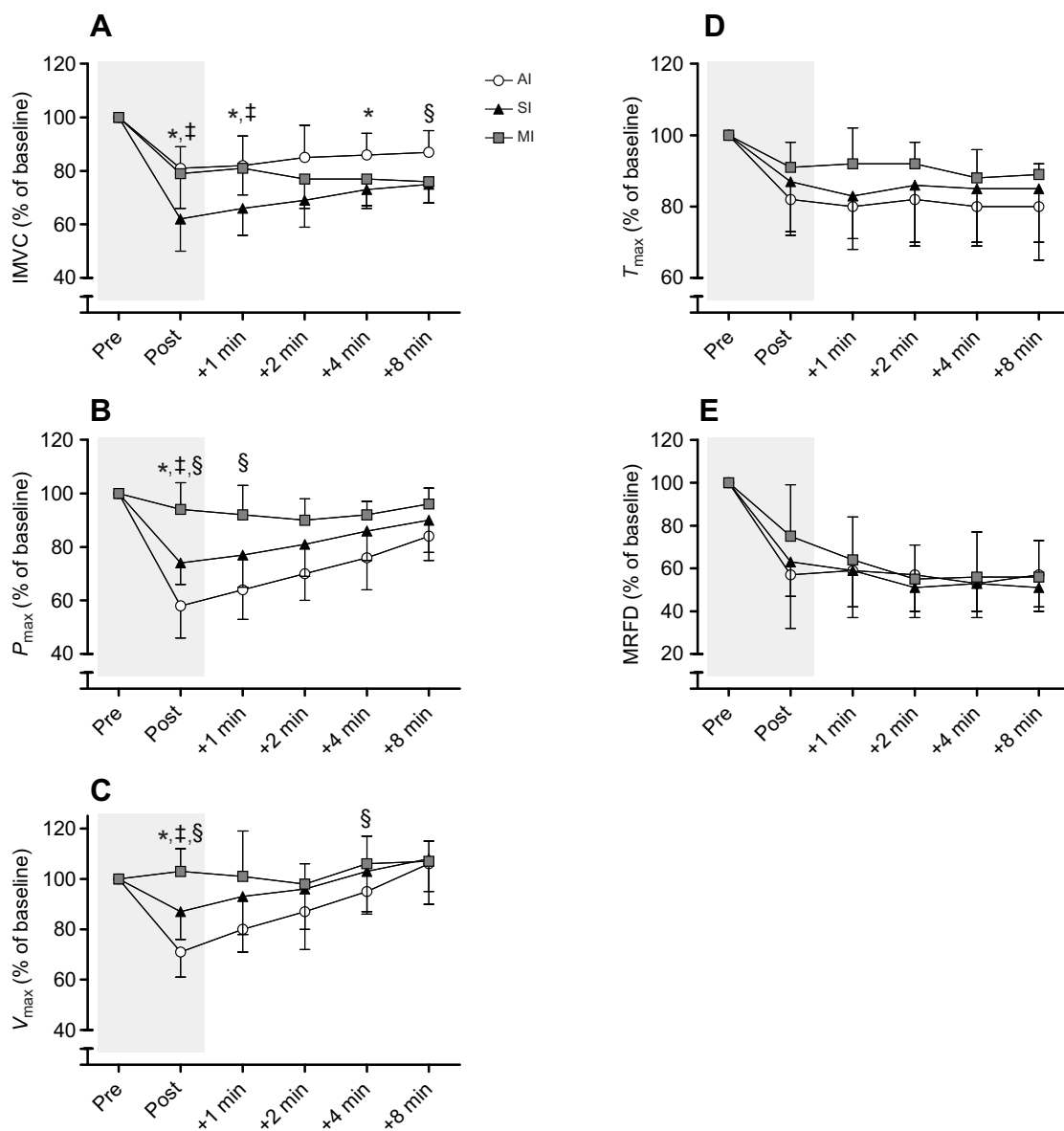
## DISCUSSION

This is the first investigation to compare the magnitude of NM fatigue quantified by dynamic and isometric assessment immediately after dynamic fatiguing exercise of different intensity and duration as well as during recovery for a large muscle mass. The main findings of this study are that dynamic properties and isometric force present divergent responses to fatigue induced by cycling, suggesting distinct mechanisms for decline in maximal velocity, power, force and rate of force development. Interestingly, the relative comparisons between the different indices vary between exercise durations. Therefore, and despite the advantage that isometric measurements allow the use of evoked stimulation to understand fatigue etiology, the assessment of isometric force only

after fatiguing exercise may result in an underestimation of the functional impairment after fatigue, particularly after very severe-intensity exercises (e.g. AI), in which  $P_{\max}$  is much more reduced than IMVC. The different patterns of decline and recovery of the dynamic and isometric variables following distinct types of exercise further suggest that these measures of fatigue do not entirely share the same physiological mechanisms. Thus, dynamic and isometric assessments are not interchangeable but instead complement each other to better understand the consequences of fatiguing exercise on NM properties.

## IMVC versus $P_{\max}$

IMVC decreased the most after the SI exercise and showed some recovery in the following 8 min but appeared to recover only modestly after the AI and not at all after MI exercise (Fig. 2A). This is a complex pattern of change that can only be explained by different



**Fig. 4. NM function and T-V sprint test responses following the three fatiguing exercises.** (A) IMVC; (B)  $P_{\max}$ ; (C)  $V_{\max}$ ; (D)  $T_{\max}$ ; and (E) MRFD. AI: 30 s all-out intensity; SI: 10 min at severe intensity; MI: 90 min at moderate intensity. A one-way ANOVA followed by Bonferroni *post hoc* test was used to test differences at the end of exercise (Post). A two-way ANOVA followed by multiple paired *t*-tests (adjusted for multiple comparisons) was used to test differences during recovery. Data are means±s.d. ( $n=10$ ). \*AI versus SI task ( $P<0.05$ ); §AI versus MI task ( $P<0.05$ ); †SI versus MI task ( $P<0.05$ ).

physiological mechanisms of fatigue being associated with the different exercises. In contrast,  $P_{\max}$  decreased the most after the AI test and least after the MI trial. Peak power output is the product of torque and velocity at the optimal torque and corresponding optimal velocity. For this reason, changes in maximal torque and maximal velocity will influence the decline in peak power. Considering that the relationship between torque and angular velocity for cycling is linear (MacIntosh et al., 2004),  $P_{\max}$  occurs at 0.5 of apparent maximum torque and 0.5 of apparent maximum velocity. For this reason, the decrease in  $P_{\max}$  should be proportional to the product of the relative values for  $T_{\max}$  and  $V_{\max}$ . In confirmation, this was the case with our data, e.g. the impact of the AI test on  $V_{\max}$  (decreased 27% to 0.73 of original),  $T_{\max}$  (decreased 18% to 0.82 of original) and  $P_{\max}$  (was 58% of original; compare with  $0.73 \times 0.82 = 0.599$  or 60%) after exercise (Post) (Fig. 4). For this exercise, recovery of  $P_{\max}$  (−18% after 8 min) relies on recovery of  $V_{\max}$  (to +4%) while  $T_{\max}$  (−21%) does not appear to change much during the recovery period. Therefore, the greater decrease in  $P_{\max}$  after the AI exercise is mainly explained by the fact that  $T_{\max}$  decreased similarly across the exercises whereas  $V_{\max}$  decreased more after the AI exercise (Fig. 4). This may be related to the greater fatigue in fast-twitch motor units which would be expected to be most pronounced during the AI trial (Gregor et al., 1979; Mannion et al., 1995), because this trial required the greatest power output and most likely included recruitment of fast-twitch motor units, right from the beginning of the trial.  $P_{\max}$  recovery after the AI trial was faster than IMVC (and  $T_{\max}$ ) recovery because of the fast recovery of  $V_{\max}$  (Fig. 2C), as cross-bridge kinetics recovers quickly as it may be related to ATP concentration (see below), which recovers quickly post-exercise.

Alternatively, the greater decrease in IMVC after the severe-intensity but longer-duration exercise (SI) may be associated with an increase in concentration of metabolites [e.g. inorganic phosphate (Pi), protons ( $H^+$ ), and plasma potassium ( $K^+$ )] for a prolonged period (Black et al., 2017). Higher concentrations of Pi can reduce free  $Ca^{2+}$  availability by binding  $Ca^{2+}$  inside the sarcoplasmic reticulum (Fryer et al., 1995). Nevertheless, it is worth considering that decreased myoplasmic [ $Ca^{2+}$ ] can result from a variety of possible mechanisms, e.g. decreased  $Ca^{2+}$  release due to metabolic inhibition of ryanodine receptors (MacIntosh et al., 2012), and decreased availability of  $Ca^{2+}$  due to redistribution of  $Ca^{2+}$  to mitochondria and across the sarcolemma as well as sequestration in the sarcoplasmic reticulum (Allen et al., 1995). Although changes within the muscle (i.e. peripheral fatigue) are possibly the main factors affecting IMVC after fatigue in this study, it is important to note that fatigue can also be related to a failure in the central nervous system to maximally drive motoneurons voluntarily, i.e. central fatigue (Gandevia, 2001). In other words, a decrease in [ $Ca^{2+}$ ] can also be the result of a decreased frequency of action potentials (Glass et al., 2018), particularly high threshold motor units (Gandevia, 2001).

We conclude from these observations that (i) the decrease in IMVC probably relates to decreased myoplasmic [ $Ca^{2+}$ ] and/or  $Ca^{2+}$  sensitivity, (ii) compromised  $P_{\max}$  results from a combination of decreases in both maximal velocity and force and (iii) metabolic disturbance affecting  $V_{\max}$  recovers quickly, allowing partial recovery of  $P_{\max}$  in the absence of  $T_{\max}$  recovery. For these reasons, the assessment of  $P_{\max}$  and IMVC, both of which are used in the common definition of fatigue, are not similarly affected after a given exercise and, therefore, they are not interchangeable.

#### IMVC versus $T_{\max}$

The difference between trials for  $T_{\max}$  was small and recovery was not apparent (Fig. 4D). One could expect the mechanisms

responsible for depression and recovery of IMVC and  $T_{\max}$  to be the same, as both represent the maximal force produced by a muscle. Force depression in response to fatigue is closely related to lower myoplasmic concentrations of  $Ca^{2+}$  and/or decreased  $Ca^{2+}$  sensitivity due to fatigue (MacIntosh et al., 2012), which should similarly affect these two indices. We found low-frequency fatigue (assessed by the low-frequency doublet to high-frequency doublet ratio Db10:100) after the AI and SI exercise (Krüger et al., 2019). In addition, lower levels of ATP and high concentrations of Pi during fatigue can affect force production by reducing the energy charge, decreasing the specific force per cross-bridge and the rate of cross-bridge dissociation (Edwards et al., 1975; Jones et al., 2009), which should also affect both IMVC and  $T_{\max}$ .

Nevertheless, our results show that  $T_{\max}$  and IMVC are affected differently by the physiological mechanisms of fatigue, as although  $T_{\max}$  and IMVC were similarly affected after the AI trial, IMVC was decreased much more than  $T_{\max}$  after the SI and MI trials (Fig. 2B). There are a few methodological aspects that need to be considered. First,  $T_{\max}$  was extrapolated from averaged values from one pedal downstroke, which includes non-maximal force levels applied to the pedal at the beginning and at the end of the downstroke. In contrast, IMVC represents the peak voluntary force. Thus, while  $T_{\max}$  is measured from an effort that lasts only a fraction of a second, IMVC represents the maximal force sustained for ~5 s. Second, different muscles contribute distinctly to the development of force during cycling sprints and IMVC. Indeed,  $T_{\max}$  was extrapolated from dynamic measurements during cycling sprints. Studies have shown that there is a substantial contribution in the hip transfer power across the pelvis to the leg during maximal cycling (Driss and Vandewalle, 2013; Elmer et al., 2011). In other words, the co-activation of knee extensors and hip extensor–knee flexor muscles increases the energy transfer between hip and knee joints to maximize cycling efficiency and total power production during maximal cycling (Driss and Vandewalle, 2013; Elmer et al., 2011). This is different from what happens during an IMVC, in which the quadriceps muscles are predominantly recruited during the contractions while the knee flexors play a very small role in force production (Bampouras et al., 2017). Accordingly, the contribution of the knee flexors during the cycling sprint may reduce the total force and/or power applied by the knee extensors to the pedal by the quadriceps muscles (Bobbert et al., 2016). Thus, it is possible that the contrast between the different contraction modes and muscle groups involved in the assessments may explain the discrepancy between the fatigue-induced reduction in  $T_{\max}$  and IMVC. Still, it is interesting to note that this is not the case for the AI exercise.

#### $V_{\max}$ versus MRFD

$V_{\max}$  decreased much more after the AI test than after the other trials (Fig. 4C). In fact, our study shows that  $V_{\max}$  does not always decrease after dynamic fatiguing tasks, as it was decreased by only 13% after the SI exercise and not reduced after the MI trial. The characteristic feature of changes in  $V_{\max}$  after the AI and SI exercise was that recovery appears to occur within the very first minutes after the end of the exercise. This implies that  $V_{\max}$  is decreased by a factor(s) associated with high metabolic rate that recovers quickly. Intriguingly, changes in MRFD after the three trials were very similar and there was no apparent recovery during the 8 min following these trials (Fig. 4E). For this reason, changes in MRFD cannot be associated with any factor that recovers during this time, such as metabolic disturbance. Thus, we believe the physiological mechanism of fatigue detected by  $V_{\max}$ , but not by MRFD, is related to a quickly recovering property of muscle metabolism such as



increased [ADP]. Increased [ADP] and/or decreased [ATP] would reduce the energy charge, resulting in less force per cross-bridge as discussed above, and possibly a decreased rate of cross-bridge dissociation. It is known that increased [ADP] slows the maximal velocity of isolated single muscle fibers (Westerblad et al., 1998; Westerblad and Lannergren, 1995), which is dependent on the rate of dissociation of cross-bridges. These metabolic disturbances should resolve within a few minutes of stopping the exercise, allowing recovery of processes that are affected by these mechanisms. It is not clear whether or not a decrease in maximal velocity results from decreased  $\text{Ca}^{2+}$  release as dantrolene, a drug that inhibits  $\text{Ca}^{2+}$  release, has been reported to impair  $V_{\max}$  estimated from the fit of the Hill equation to measured force and velocity of shortening in whole muscle (Kristensen et al., 2018), while maximal rate of unloaded shortening is not affected by dantrolene in single fibers (Allen et al., 1995). Thus, it is probable that the high energy demand during the AI exercise contributed to increased ADP levels after exercise (Post), which compromised the ability of the muscle to produce  $V_{\max}$  and, as a consequence,  $P_{\max}$  (Bogdanis et al., 1995). Alternatively, the decrease in  $V_{\max}$  after the AI exercise may also be associated with the greater fatigue in fast-twitch motor units, which would be expected to be most active during the 30 s sprint all-out trial (Gregor et al., 1979; Mannon et al., 1995), as previously discussed.

Previous studies have proposed that the decrease in both MRFD and  $V_{\max}$  is correlated with a reduction in the maximal motor unit firing rate in fatigue (Harwood and Rice, 2012; Morel et al., 2015; Thorlund et al., 2008). One of the main reasons for this positive association could be that the capacity to produce both a rapid rise in force (MRFD) and force at a high velocity ( $V_{\max}$ ) relies on a high discharge rate at the onset of the contraction (i.e. motor unit firing rate) (Maffiuletti et al., 2016). However, the pattern of fatigue and recovery in MRFD and  $V_{\max}$  was quite different across the exercise trials, so the same physiological changes associated with a given exercise must affect these measures differently. It is important to recognize that lack of recovery of MRFD, but not  $V_{\max}$ , is consistent with persistent low-frequency fatigue during recovery (data not shown). Low-frequency fatigue is known to be a consequence of decreased peak  $[\text{Ca}^{2+}]$ .

### Limitations

It should be noted that the SI and MI exercises were not performed to exhaustion. Nevertheless, there was clear evidence of NM fatigue following all the exercise trials and the RPE was significantly increased from baseline (Pre) at the end of the exercises (AI: from  $8 \pm 2$  to  $18 \pm 3$ ; SI: from  $9 \pm 2$  to  $19 \pm 1$ ; and MI: from  $7 \pm 1$  to  $15 \pm 4$ ). Moreover, the workload was exactly the same for dynamic and isometric measurements so the comparison of variables is still valid.

### Conclusion

This study showed that isometric versus dynamic measurements identify distinct fatigue responses following different durations of dynamic exercise with large muscle mass. Most of the differences in the responses between isometric force and dynamic properties are explained by different physiological mechanisms contributing to the given measure of fatigue. Our findings indicate that isometric and dynamic assessment of fatigue are not interchangeable following dynamic exercise with a large muscle mass and that the results from isometric function cannot be extrapolated to dynamic function and vice versa. The assessment of dynamic properties and isometric force together can bring greater insight into the overall magnitude and etiology of fatigue. Therefore, future researches

should consider the task specificities (e.g. exercise contraction mode, intensity and duration) when using different fatigue measures (dynamic versus isometric) to assess NM fatigue. Whether the differences between isometric and dynamic indices of fatigue for a given exercise depend on age, training status, disease or sex remains to be investigated to better understand the effects of these parameters on fatigability.

### Competing interests

The authors declare no competing or financial interests.

### Author contributions

Conceptualization: R.L.K., S.J.A., P.S., G.Y.M.; Methodology: R.L.K., S.J.A., P.S., G.Y.M.; Software: R.L.K., L.M.J., P.S.; Validation: R.L.K., S.J.A., L.M.J., B.R.M., P.S., G.Y.M.; Formal analysis: R.L.K., S.J.A., L.M.J.; Investigation: R.L.K., S.J.A., L.M.J., B.R.M., P.S., G.Y.M.; Resources: R.L.K., P.S., G.Y.M.; Data curation: R.L.K., L.M.J., B.R.M.; Writing - original draft: R.L.K., B.R.M.; Writing - review & editing: R.L.K., S.J.A., L.M.J., B.R.M., P.S., G.Y.M.; Visualization: R.L.K., B.R.M., P.S., G.Y.M.; Supervision: R.L.K., S.J.A., B.R.M., P.S., G.Y.M.; Project administration: R.L.K., P.S., G.Y.M.; Funding acquisition: R.L.K.

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### Supplementary information

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**Table S1. Subjects characteristics**

Subject	Age (years)	Height (cm)	Mass (kg)	$\dot{V}O_{2peak}$ (ml kg <sup>-1</sup> min <sup>-1</sup> )	$\dot{V}O_{2max}$ (ml kg <sup>-1</sup> min <sup>-1</sup> )	$\dot{V}O_2$ at plateau (ml kg <sup>-1</sup> min <sup>-1</sup> )	P output at plateau (W)	Pmax (W)
S01	29	172	72	42	41	41	229	260
S02	31	185	102	36	35	34	224	241
S03	23	183	78	55	53	51	293	351
S04	35	186	74	46	42	41	245	276
S05	22	180	77	58	57	55	338	374
S06	25	178	77	47	44	42	231	261
S07	27	175	72	51	49	48	233	245
S08	25	192	84	45	47	45	283	333
S09	31	173	75	57	55	54	305	372
S10	23	183	83	55	52	50	299	330
mean	27	181	79	49	47	46	268	304
s.d.	4	6	9	7	7	7	40	53

$\dot{V}O_{2,max}$ , maximal oxygen uptake;  $\dot{V}O_{2,peak}$ , peak oxygen uptake;  $\dot{V}O_2$ , oxygen uptake; P, power; Pmax, maximal power.

Subject	VT1			VT2		
	$\dot{V}O_2$ (ml kg <sup>-1</sup> min <sup>-1</sup> )	$\dot{V}O_{2max}$ (relative)	P output (W)	$\dot{V}O_2$ (ml kg <sup>-1</sup> min <sup>-1</sup> )	$\dot{V}O_{2max}$ (relative)	P output (W)
S01	31	73	150	37	88	194
S02	25	69	152	30	84	204
S03	33	59	164	49	89	266
S04	31	67	160	38	82	216
S05	36	61	150	50	86	273
S06	30	65	143	40	84	195
S07	35	68	139	45	87	195
S08	29	65	169	40	89	234
S09	38	67	161	50	88	254
S10	32	59	160	41	75	233
mean	32	65	155	42	85	226
s.d.	4	5	10	7	4	30

$\dot{V}O_{2,max}$ , maximal oxygen uptake;  $\dot{V}O_2$ , oxygen uptake; P, power; VT1, first ventilatory threshold; VT2, second ventilatory threshold.

**Table S2. Exercise characteristics**

Subject	Cadence (rpm)		
	AI	SI	MI
S01	278	71	85
S02	208	80	85
S03	240	66	79
S04	219	70	69
S05	219	76	72
S06	222	75	75
S07	286	78	71
S08	287	83	67
S09	232	77	83
S10	262	82	77
<b>mean</b>	<b>245</b>	<b>76</b>	<b>76</b>
<b>s.d.</b>	<b>29</b>	<b>5</b>	<b>6</b>

Subject	Power (W)		
	AI	SI	MI
S01	460	204	120
S02	518	214	122
S03	589	279	131
S04	470	227	128
S05	968	287	120
S06	585	205	114
S07	705	205	111
S08	754	246	135
S09	603	267	129
S10	864	245	128
<b>mean</b>	<b>652</b>	<b>238</b>	<b>124</b>
<b>s.d.</b>	<b>160</b>	<b>30</b>	<b>7</b>

Subject	Total Work (kJ)		
	AI	SI	MI
S01	14	122	648
S02	16	129	657
S03	18	168	708
S04	14	136	691
S05	29	172	648
S06	18	123	618
S07	21	123	600
S08	23	147	730
S09	18	160	696
S10	26	147	691
<b>mean</b>	<b>20</b>	<b>143</b>	<b>669</b>
<b>s.d.</b>	<b>5</b>	<b>18</b>	<b>39</b>

AI: 30 s all-out intensity; SI: 10 min at severe intensity;  
MI: 90 min at moderate intensity.



**Table S3. 30-s all out intensity (AI)**

<b>Tmax (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	98	94	87	93	82	92
S02	164	147	142	136	117	119
S03	156	141	154	168	165	161
S04	102	82	75	82	92	93
S05	217	182	167	159	156	163
S06	181	126	136	111	137	145
S07	137	113	120	115	107	118
S08	180	126	104	146	119	95
S09	129	109	115	104	102	107
S10	199	140	132	144	149	127
<b>mean</b>	<b>156</b>	<b>126</b>	<b>123</b>	<b>126</b>	<b>123</b>	<b>122</b>
<b>s.d.</b>	<b>40</b>	<b>29</b>	<b>29</b>	<b>29</b>	<b>28</b>	<b>27</b>

<b>Vmax (rad s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	27	22	20	21	28	27
S02	22	11	13	15	20	25
S03	20	17	18	18	19	20
S04	30	24	24	26	26	28
S05	25	17	21	23	26	27
S06	21	16	19	26	17	22
S07	22	17	17	19	23	23
S08	22	14	18	16	19	27
S09	25	16	20	23	26	24
S10	24	17	21	22	23	31
<b>mean</b>	<b>24</b>	<b>17</b>	<b>19</b>	<b>21</b>	<b>23</b>	<b>25</b>
<b>s.d.</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>3</b>

<b>Pmax (W)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	662	524	431	481	584	625
S02	889	413	464	513	575	734
S03	795	584	694	746	782	795
S04	757	498	447	527	595	641
S05	1368	757	876	921	1009	1091
S06	958	504	657	727	597	805
S07	772	471	510	537	609	664
S08	981	431	469	568	580	642
S09	818	441	587	610	669	652
S10	1204	595	706	792	869	967
<b>mean</b>	<b>920</b>	<b>522</b>	<b>584</b>	<b>642</b>	<b>687</b>	<b>761</b>
<b>s.d.</b>	<b>218</b>	<b>102</b>	<b>146</b>	<b>146</b>	<b>150</b>	<b>158</b>

<b>IMVC (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	274	235	230	210	208	222
S02	455	341	315	336	375	386
S03	400	255	244	252	313	271
S04	307	261	287	301	290	270
S05	342	314	312	317	302	301
S06	347	299	316	334	336	310
S07	309	246	244	257	250	267
S08	378	317	345	369	363	365
S09	328	259	270	282	284	299
S10	476	388	389	388	374	442
<b>mean</b>	<b>362</b>	<b>292</b>	<b>295</b>	<b>305</b>	<b>310</b>	<b>313</b>
<b>s.d.</b>	<b>66</b>	<b>49</b>	<b>50</b>	<b>55</b>	<b>55</b>	<b>66</b>

<b>MRFD (N s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	1182	1206	934	966	706	696
S02	3155	1169	1857	1774	1925	2013
S03	3517	1959	1409	1522	1598	2091
S04	3031	2396	2836	2539	1670	2036
S05	5408	1152	1817	2254	2024	2072
S06	3115	2559	2566	2251	2571	2465
S07	4274	2201	1220	1596	1713	1774
S08	7528	2447	3426	3366	2206	2665
S09	3908	2415	2369	2158	2363	2895
S10	3971	1932	2731	2014	2535	2001
<b>mean</b>	<b>3909</b>	<b>1944</b>	<b>2116</b>	<b>2044</b>	<b>1931</b>	<b>2071</b>
<b>s.d.</b>	<b>1668</b>	<b>567</b>	<b>798</b>	<b>650</b>	<b>555</b>	<b>594</b>

IMVC, isometric maximal voluntary contraction;  $T_{\max}$ , maximal torque;  $P_{\max}$ , maximal power;  $V_{\max}$ , maximal velocity; MRFD, maximal rate of force development.

**Table S4. 10-min at severe intensity (SI)**

<b>Tmax (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	122	95	79	94	94	93
S02	160	127	110	123	143	152
S03	195	176	157	184	185	187
S04	112	114	114	128	113	117
S05	194	176	160	151	146	161
S06	148	147	139	142	141	149
S07	149	142	136	133	133	119
S08	181	174	165	163	174	147
S09	151	133	131	130	129	126
S10	217	113	158	119	107	118
<b>mean</b>	<b>163</b>	<b>140</b>	<b>135</b>	<b>137</b>	<b>136</b>	<b>137</b>
<b>s.d.</b>	<b>34</b>	<b>29</b>	<b>27</b>	<b>25</b>	<b>28</b>	<b>27</b>

<b>Vmax (rad s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	22	19	25	23	27	30
S02	24	22	26	25	25	26
S03	21	17	17	20	19	21
S04	38	29	29	23	33	30
S05	27	21	29	30	32	29
S06	28	21	23	22	20	22
S07	21	18	22	21	22	26
S08	23	20	21	21	20	24
S09	28	26	27	32	32	34
S10	24	27	17	24	31	29
<b>mean</b>	<b>26</b>	<b>22</b>	<b>24</b>	<b>24</b>	<b>26</b>	<b>27</b>
<b>s.d.</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>4</b>

<b>Pmax (W)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	678	458	498	537	623	710
S02	940	706	711	777	913	973
S03	1037	726	684	907	883	977
S04	1047	827	841	722	925	883
S05	1318	935	1146	1145	1179	1177
S06	1020	782	795	795	719	812
S07	797	656	736	702	745	774
S08	1047	857	875	871	873	891
S09	1059	865	883	1052	1025	1071
S10	1315	761	658	699	818	849
<b>mean</b>	<b>1026</b>	<b>757</b>	<b>783</b>	<b>821</b>	<b>871</b>	<b>912</b>
<b>s.d.</b>	<b>198</b>	<b>134</b>	<b>173</b>	<b>180</b>	<b>159</b>	<b>141</b>

<b>IMVC (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	269	185	160	191	179	186
S02	407	181	233	274	309	337
S03	402	213	272	291	290	316
S04	306	216	202	184	199	186
S05	363	186	226	170	242	257
S06	369	264	288	277	310	307
S07	338	199	238	233	241	258
S08	380	226	241	288	297	316
S09	337	291	291	283	283	252
S10	437	263	231	284	303	314
<b>mean</b>	<b>361</b>	<b>222</b>	<b>238</b>	<b>247</b>	<b>265</b>	<b>273</b>
<b>s.d.</b>	<b>50</b>	<b>38</b>	<b>40</b>	<b>48</b>	<b>47</b>	<b>54</b>

<b>MRFD (N s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	3326	1780	1825	1761	1308	1382
S02	3394	1497	1311	1213	1415	1754
S03	3658	1986	2024	1781	2004	1665
S04	3624	3057	1657	1172	1389	1017
S05	2123	1009	2077	1495	1595	1363
S06	4866	3095	2440	3538	3407	2408
S07	3329	2505	2463	1934	1586	1592
S08	4189	1892	1997	2079	1889	2379
S09	4881	4309	3301	2601	3226	3017
S10	4351	3034	2582	1360	2163	2589
<b>mean</b>	<b>3774</b>	<b>2416</b>	<b>2168</b>	<b>1893</b>	<b>1998</b>	<b>1917</b>
<b>s.d.</b>	<b>832</b>	<b>974</b>	<b>556</b>	<b>722</b>	<b>749</b>	<b>642</b>

IMVC, isometric maximal voluntary contraction;  $T_{\max}$ , maximal torque;  $P_{\max}$ , maximal power;  $V_{\max}$ , maximal velocity; MRFD, maximal rate of force development.



**Table S5. 90-min at moderate intensity (MI)**

<b>Tmax (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	98	91	108	95	84	90
S02	182	165	180	180	151	165
S03	183	163	158	155	142	158
S04						
S05	202	180	160	173	168	183
S06	169	149	139	161	170	154
S07	142	114	119	122	126	126
S08	155	141	147	140	148	143
S09	124	132	118	113	101	110
S10	177	165	175	177	166	150
<b>mean</b>	<b>159</b>	<b>145</b>	<b>145</b>	<b>146</b>	<b>140</b>	<b>142</b>
<b>s.d.</b>	<b>33</b>	<b>28</b>	<b>26</b>	<b>31</b>	<b>31</b>	<b>29</b>

<b>Vmax (rad s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	25	26	18	22	28	25
S02	25	26	23	22	27	26
S03	22	19	19	20	24	24
S04						
S05	25	27	29	27	29	28
S06	21	23	28	22	19	23
S07	23	24	24	22	23	23
S08	25	28	25	24	22	24
S09	24	24	26	27	29	29
S10	25	27	25	24	26	30
<b>mean</b>	<b>24</b>	<b>25</b>	<b>24</b>	<b>23</b>	<b>25</b>	<b>26</b>
<b>s.d.</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>3</b>

<b>Pmax (W)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	623	590	486	533	581	556
S02	1126	1058	1016	1012	1029	1092
S03	1020	755	752	768	857	942
S04						
S05	1240	1200	1154	1163	1233	1293
S06	897	876	970	896	817	866
S07	807	677	710	678	737	736
S08	974	1003	909	833	831	857
S09	746	778	780	748	741	786
S10	1123	1112	1072	1083	1075	1120
<b>mean</b>	<b>951</b>	<b>895</b>	<b>872</b>	<b>857</b>	<b>878</b>	<b>916</b>
<b>s.d.</b>	<b>201</b>	<b>210</b>	<b>209</b>	<b>202</b>	<b>200</b>	<b>224</b>

<b>IMVC (N)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	259	183	178	189	161	178
S02	402	304	315	298	293	312
S03	387	294	236	240	274	265
S04	324	290	298	305	298	286
S05	412	199	385	277	304	276
S06	364	299	324	327	312	311
S07	307	265	236	223	251	227
S08	354	305	281	229	220	245
S09	333	288	294	275	271	258
S10	416	372	332	367	357	342
<b>mean</b>	<b>356</b>	<b>280</b>	<b>288</b>	<b>273</b>	<b>274</b>	<b>270</b>
<b>s.d.</b>	<b>51</b>	<b>54</b>	<b>59</b>	<b>54</b>	<b>54</b>	<b>47</b>

<b>MRFD (N s<sup>-1</sup>)</b>	<b>Pre</b>	<b>Post</b>	<b>1 min</b>	<b>2 min</b>	<b>4 min</b>	<b>8 min</b>
S01	2985	1170	1128	1505	1196	981
S02	2897	2221	1643	787	1166	1479
S03	3062	1854	901	1151	1222	1588
S04	4235	3589	3237	2739	3050	2456
S05	2824	1696	2276	2170	1804	2259
S06	3598	3719	2704	2834	3562	3279
S07	3155	1347	2143	1731	1261	1299
S08	3631	3409	3471	1944	2440	2153
S09	3741	3497	2460	2057	2217	1943
S10	5451	5457	3130	2990	1850	2500
<b>mean</b>	<b>3558</b>	<b>2796</b>	<b>2309</b>	<b>1991</b>	<b>1977</b>	<b>1994</b>
<b>s.d.</b>	<b>802</b>	<b>1358</b>	<b>876</b>	<b>728</b>	<b>839</b>	<b>680</b>

IMVC, isometric maximal voluntary contraction;  $T_{\max}$ , maximal torque;  $P_{\max}$ , maximal power;  $V_{\max}$ , maximal velocity; MRFD, maximal rate of force development.