

Supplementary Tables

Table S1. Reliability analysis (Pre01, Pre02, Pre03)

		ICC (3,1)		SEM (SD × √1-ICC)	CV (SD/mean) × 100
ANT	Kicking leg	.96	95% CI [.95, .97]	0.34	2.85
	Standing leg	.96	95% CI [.94, .97]	0.34	2.66
PM	Kicking leg	.96	95% CI [.94, .97]	0.48	2.25
	Standing leg	.94	95% CI [.91, .95]	0.77	3.17
PL	Kicking leg	.94	95% CI [.92, .95]	0.67	2.64
	Standing leg	.91	95% CI [.87, .93]	0.78	2.57

ANT = anterior; CI = confidence interval; CV = coefficient of variation; ICC = intraclass correlation coefficient; PM = posteromedial; PL = posterolateral; SD = standard deviation; SEM = standard error of measurement

Table S2. Mean composite scores (CS) for both groups

		pre03	post01	post02	post03	
Cycling Group	kicking leg	M ± SD	88.66 ± 6.40	85.01 ± 7.28	86.84 ± 6.38	87.73 ± 6.64
		d _z ¹		0.67	-0.45	-0.30
		[95% CI]		[0.39, 0.94]	[-0.71, -0.19]	[-0.55, -0.05]
		Average change ² (M ± SD)		3.66 ± 5.49	1.82 ± 3.98	0.93 ± 3.56
		Change (%) ²		-4.13	-2.05	-1.05
		MDC ₉₀		2.58		
	standing leg	M ± SD	89.43 ± 6.43	85.66 ± 6.48	87.08 ± 6.55	87.97 ± 6.44
		d _z ¹		0.71	-0.44	-0.32
		[95% CI]		[0.43, 0.98]	[-0.69, -0.18]	[-0.57, -0.06]
		Average change ² (M ± SD)		3.76 ± 5.33	2.35 ± 4.18	1.46 ± 3.68
Change (%) ²			-4.21	-2.62	-1.63	
	MDC ₉₀		2.59			
Running Group	kicking leg	M ± SD	92.36 ± 7.98	91.89 ± 8.22	91.34 ± 8.73	92.06 ± 8.11
		d _z ¹		0.16	0.22	-0.28
		[95% CI]		[-0.09, 0.41]	[-0.03, 0.47]	[-0.52, -0.03]
		Average change ² (M ± SD)		0.47 ± 2.90	1.02 ± 3.38	0.30 ± 3.07
		Change (%) ²		-0.50	-1.10	-0.33
		MDC ₉₀		1.86		
	standing leg	M ± SD	92.75 ± 8.97	91.74 ± 9.59	91.70 ± 9.17	92.59 ± 8.98
		d _z ¹		0.29	0.02	-0.45
		[95% CI]		[0.04, 0.54]	[-0.23, 0.26]	[-0.71, -0.19]
		Average change ² (M ± SD)		1.01 ± 3.44	1.05 ± 2.50	0.16 ± 2.90
Change (%) ²			-1.08	-1.13	-0.17	
	MDC ₉₀		2.95			

CI = confidence interval; CS = composite score; MDC = minimal detectable change, pre03 = pre-load; post01 = 0 min post-load; post02 = 10 min post load; post03 = 20 min post load.

¹ Compared to the previous point of time; ² compared to pre03.

Table S3. Results of the contrast analysis for the CS of both groups

		Between		F (1, 63)	p	η^2_p	1-β	
Cycling	Kicking leg	Contrast 1	Pre03	Post01	28.44	< .001	.31	> .99
		Contrast 2	Post 01	Post02	13.17	.001	.17	.95
		Contrast 3	Post02	Post03	5.82	.02	.09	.66
		Contrast 4	Pre03	Post03	4.42	.04	.07	.54
	Standing leg	Contrast 1	Pre03	Post01	31.92	< .001	.34	> .99
		Contrast 2	Post 01	Post02	12.23	.001	.16	.93
		Contrast 3	Post02	Post03	6.39	.01	.09	.70
		Contrast 4	Pre03	Post03	10.03	< .01	.14	.88
Running	Kicking leg	Contrast 1	Pre03	Post01	1.65	.20	.03	.25
		Contrast 2	Post 01	Post02	3.14	.08	.05	.42
		Contrast 3	Post02	Post03	4.96	.03	.07	.59
		Contrast 4	Pre03	Post03	0.61	.44	.01	.12
	Standing leg	Contrast 1	Pre03	Post01	5.47	.02	.08	.63
		Contrast 2	Post 01	Post02	.02	.90	< .001	.05
		Contrast 3	Post02	Post03	12.97	< .01	.17	.94
		Contrast 4	Pre03	Post03	0.20	.66	< .01	.07

pre03 = pre-load; post01 = 0 min post-load; post02 = 10 min post-load; post03 = 20 min post-load.