

Supplementary material 1. Sets, load and repetitions performed by all participants across the 15 wk intervention period.

| Week | Knee Extension (sets x load and repetitions) | Knee Flexion and Leg Press (sets x load and repetitions) |
|-------------|--|--|
| 1 | 2 x 12RM | 2 x 12RM |
| 2 | 3 x 12RM | 2 x 12RM |
| 3 | 3 x 10RM | 3 x 10RM |
| 4 | 4 x 10RM | 3 x 10RM |
| 5 | 4 x 8RM | 3 x 8RM |
| 6 | 4 x 6RM | 3 x 6RM |
| 7 | 4 x 12RM | 4 x 12RM |
| 8 | 4 x 10RM | 4 x 10RM |
| 9 | 4 x 8RM | 4 x 8RM |
| 10 | 4 x 6RM | 4 x 6RM |
| 11 | 4 x 12RM | 4 x 12RM |
| 12 | 4 x 10RM | 4 x 10RM |
| 13 | 4 x 8RM | 4 x 8RM |
| 14 | 4 x 8RM | 4 x 8RM |
| 15 | 4 x 6RM | 4 x 6RM |

RM, repetition-maximum