

Study	N #	Sex [f/m/b]	Age [yrs.]	Level of Fitness	Body position		Direction of Mov.		Target $\alpha$ in [°]	Reps #	Meta [Group]	Intervention	
					prone	sitting	Extension	Flexion					
Chen et al. (2018)	12	m	22 ± 1	recreational active	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	30	5	Fatigue	Treadmill (10 min., 6.4 kmh <sup>-1</sup> , 1%).	
					<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	50	5	Fatigue	Treadmill (10 min., 6.4 kmh <sup>-1</sup> , 1%).	
					<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	70	5	Fatigue	Treadmill (10 min., 6.4 kmh <sup>-1</sup> , 1%).	
Clark et al. (2016)	12	f	26 ± 6	recreational active	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	45	5	BP & DoM		
Gear et al. (2011)	10	f	19 ± 1	PRO Foot- & Basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15-45	3	Fatigue	Hamstrings muscle fatigue: <b>Phase 1:</b> ( $V_{\alpha}$ , reps): 90°s <sup>-1</sup> , 10; 180°s <sup>-1</sup> , 15; 240°s <sup>-1</sup> , 20; 300°s <sup>-1</sup> , 25; 40 s rest. <b>Phase 2:</b> 180°s <sup>-1</sup> until hamstring PT < 90%, 70%, or 50% PT <sub>max</sub> , 3 reps.	
	08	m	21 ± 1	PRO Foot- & Basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15-45	3	Fatigue	Hamstrings muscle fatigue: <b>Phase 1:</b> ( $V_{\alpha}$ , reps): 90°s <sup>-1</sup> , 10; 180°s <sup>-1</sup> , 15; 240°s <sup>-1</sup> , 20; 300°s <sup>-1</sup> , 25; 40 s rest. <b>Phase 2:</b> 180°s <sup>-1</sup> until hamstring PT < 90%, 70%, or 50% PT <sub>max</sub> , 3 reps.	
Goetschius et al. (2013)	20	b	25 ± 5	recreational active	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	3	Fatigue	Treadmill (5 min., 4.8-5.6 kmh <sup>-1</sup> , 0%+1%/min to max. 15%) + 1 min squat & lateral jumps); 6 cycles.	
					<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	3	Fatigue	Treadmill (5 min., 4.8-5.6 kmh <sup>-1</sup> , 0%+1%/min to max. 15%) + 1 min squat & lateral jumps); 6 cycles.	
Haggerty et al. (2021)	20	b	21 ± 2	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20	6	DoM		
Han et al. (2014)	15	f	21 ± 1	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30-60	1	Fatigue	Quadriceps muscle fatigue: 3 sets; 10 squats; 30 s rest between sets, speed 20 bpm (metronome).	
	15	m	22 ± 1	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30-60	1	Fatigue	Quadriceps muscle fatigue: 3 sets; 10 squats; 30 s rest between sets, speed 20 bpm (metronome).	
Ju et al. (2010)	15	b	24 ± 1	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10-80	1	Fatigue	Quadriceps muscle fatigue: concentric & eccentric MVC (120°/s & 60 rep).	
Kellari et al. (2023)	54	b	21 ± 3	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	1	Fatigue	Quadriceps muscle fatigue: max. concentric contraction; 20°/s un- til trials j50% of the maximal extensors maximal peak torque.	
Larsen et al. (2021)	20	b	25 (21 – 31)	PRO & recreational ac- tive	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50-70	1	BP		
Marks (1994)	6	f	18 – 30	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45-75	5	Fatigue	Quadriceps muscle fatigue: 20 high-speed reciprocal concentric & eccentric MVC.	
Miura et al. (2004)	27	m	22 (21 – 30)	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10-80	8	Fatigue	MVC (flexion-extension) (120°/s, 60 reps).	
Niederseer et al. (2014)	18	m	22 ± 5	PRO Handball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	random	6	Fatigue	Treadmill (5 min., 10 kmh <sup>-1</sup> , 10%).	
	Olsson et al. (2004)		39	27 (18 – 50)	healthy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30-40	3	BP	90 min handball match.
										50-70	3	BP	
									70-100	3	BP		
Paschalis et al. (2007)	12	f	20 ± 1	untrained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	4	Fatigue	Isokinetic eccentric MVC (60 90°s <sup>-1</sup> , 5 sets, 15 reps, 2 min rest).	
Paschalis et al. (2013)	12	f	20 ± 1	untrained	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	4	Fatigue	Isokinetic eccentric MVC (60 90°s <sup>-1</sup> , 5 sets, 15 reps, 2 min rest).	
									45	4	Fatigue	Isokinetic eccentric MVC (60 90°s <sup>-1</sup> , 5 sets, 15 reps, 2 min rest).	
									60	4	Fatigue	Isokinetic eccentric MVC (60 90°s <sup>-1</sup> , 5 sets, 15 reps, 2 min rest).	
Relph & Herrington (2015)	10	f	30 ± 9	Tegener Score: 5 ± 2	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10-30	15	BP & DoM		
									30-60	15	BP & DoM		
									60-90	15	BP & DoM		
Relph & Herrington (2016)	25	f	30 – 44	Tegener Score: 5	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	30-60/60-90	5	DoM		
			45 – 59	Tegener Score: 4	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	30-60/60-90	5	DoM		
Ribeiro et al. (2008)	17	f	18 ± 2	PRO Volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	40-60	3	Fatigue	Volleyball match (90 min match; 25 min warm-up (stretching, passing, setting, attacking, serving exercises)).	
Ribeiro et al. (2011)	40	m	22 ± 3	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	3	Fatigue	MVC concentric/eccentric (extensors & flexors; 180°s <sup>-1</sup> , 30 reps).	
Romero-Franco et al. (2014)	15	b	26 ± 7	PRO Track & Field	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	40-60	3	Fatigue	<b>Warm-up:</b> 30 min (10 min low-speed race (8 km/h), 5 min dynamic stretching, 15 min technical running exercises); <b>Lactic Exercise:</b> 2 groups of 2 series of 300 m performed at 90–92%, rest 5 min between series & 10 min between groups.	
Salgado et al. (2015)	14	m	26 ± 5	PRO Football	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	40-60	3	Fatigue	Football match 90 min.	
Skinner et al. (1986)	11	m	23 ± 1	Navy SEALs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	05-25	5	Fatigue	3 miles sprinting (alternate 1 & 1/4 mile all-out; 90 s rest) & 2x treadmill session (2 min., 4.8-5.6 kmh <sup>-1</sup> , 15%; 90s rest between sessions).	
Van Tiggelen et al. (2008)	64	b	25 ± 4	healthy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	3	Fatigue	Isokinetic MVC (120°s <sup>-1</sup> , 150s, 30 rest) until fatigue (first 5 repetitions <50% PT <sub>max</sub> assessed in the previous series).	
Vila-Cha et al. (2011)	15	m	25 ± 4	healthy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	2	Fatigue	Eccentric knee extension (60°s <sup>-1</sup> , 4 sets, 25 reps, 3 min rest).	
Wieber et al. (2023)	25	b	25 ± 2	Sport students	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	150	2	Fatigue	Eccentric knee extension (60°s <sup>-1</sup> , 4 sets, 25 reps, 3 min rest).	
									random	5	BP & DoM		

BP=body position; b=both genders; DoM=direction of Movement; f=female; m=male; META=meta-analysis allocation; Mov.=Movement MVC=maximal voluntary contraction PRO=professional athlete; PT=peak torque; reps=repetitions.