

Online Supplemental Table. Strength Training Exercise Intensity

	Minimum	Maximum	Mean	SD
Right knee extension with dorsi/plantar flexion				
Weight (lbs)	1.6	11.6	5.0	2.2
RPE	1.2	5.7	3.4	1.2
Left knee extension with dorsi/plantar flexion				
Weight (lbs)	1.4	8.1	4.5	1.9
RPE	1.2	5.9	3.5	1.3
Seated leg curl with both legs keeping the heels pressed firmly against a chair				
Weight (lbs)	4.1	66.8	31.6	19.4
RPE	1.5	5.4	3.2	1.2
Semi-recumbent right inner leg raises				
Weight (lbs)	1.2	6.1	2.7	1.4
RPE	1.2	5.6	3.6	1.3
Semi-recumbent left inner leg raises				
Weight (lbs)	1.2	6.1	2.6	1.4
RPE	1.2	5.9	3.6	1.3
Semi-recumbent dorsi/plantar flexion with straight legs				
Weight (lbs)	1.7	8.1	3.7	1.7
RPE	1.0	5.1	3.2	1.2

RPE: self-reported rate of perceived exertion, lbs: pounds