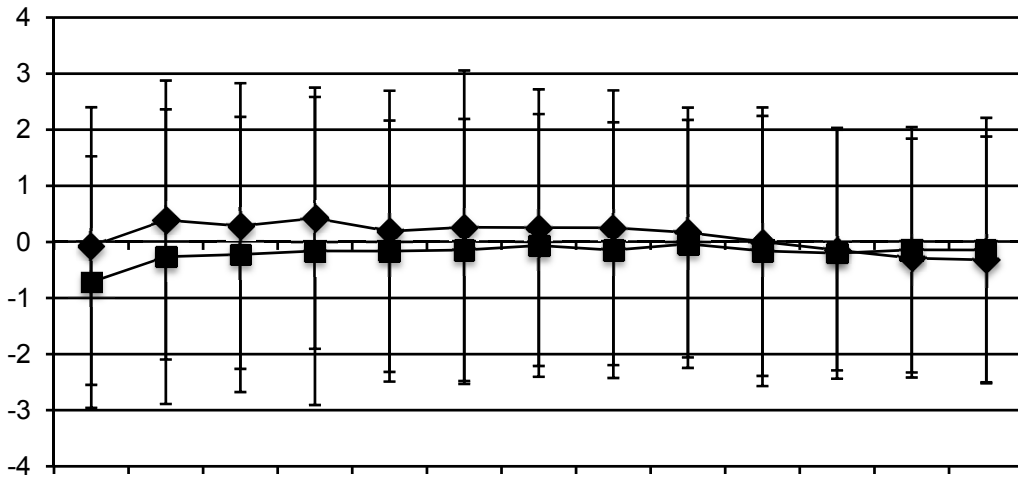


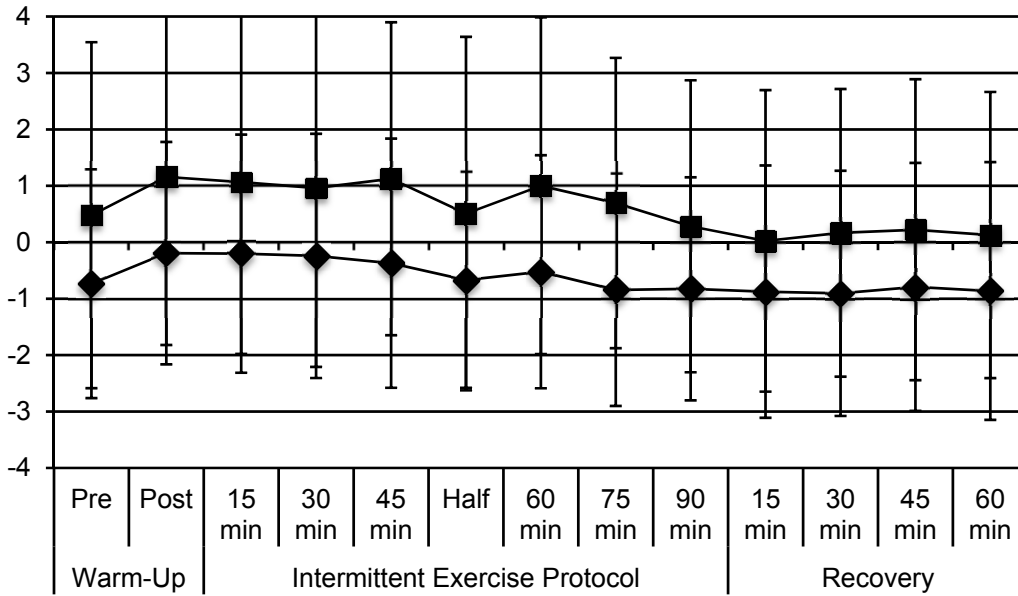
Supplemental Figure 1.

Serial changes in sagittal-plane biomechanics before, during, and after the 90-minute intermittent exercise protocol (IEP). A, Factor 1 depicts ability to dissipate landing forces at the hip. B, Factor 2 depicts hip extensor loading. C, Factor 3 depicts ability to dissipate landing forces at the knee. D, Factor 4 depicts knee extensor loading. E, Factor 5 depicts ability to dissipate landing forces at the ankle. F, Factor 6 depicts ankle plantar-flexor loading and anterior shear forces. All values represent standardized scores. A factor score of zero represents the mean factor scores across all participants and time points.

A
Factor 1: Greater Hip Flexion Motion and Energy Absorption



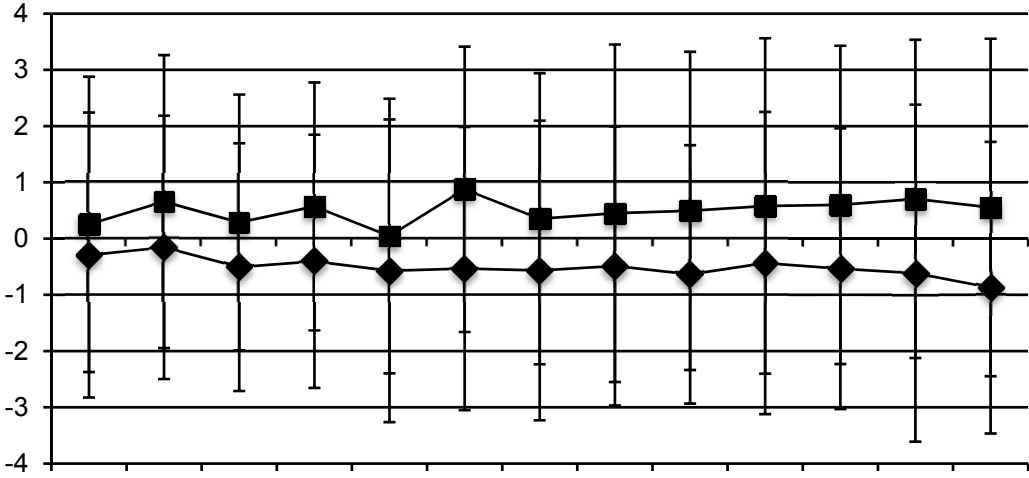
B
Factor 2: Greater Hip Extensor Loading



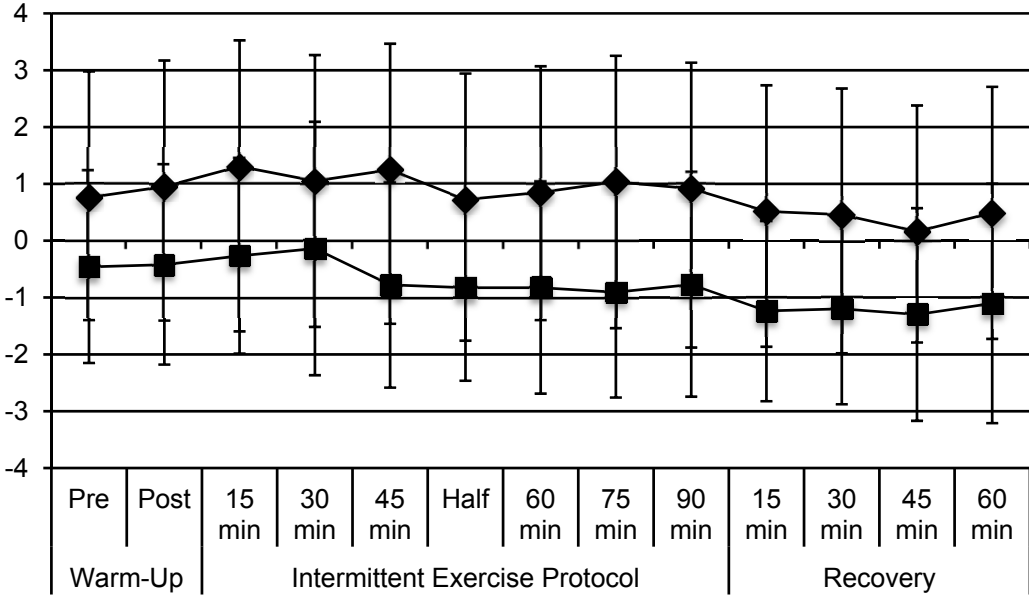
Time

◆ Women ■ Men

C
Factor 3: Greater Knee and Ankle Motion and Knee Energy Absorption



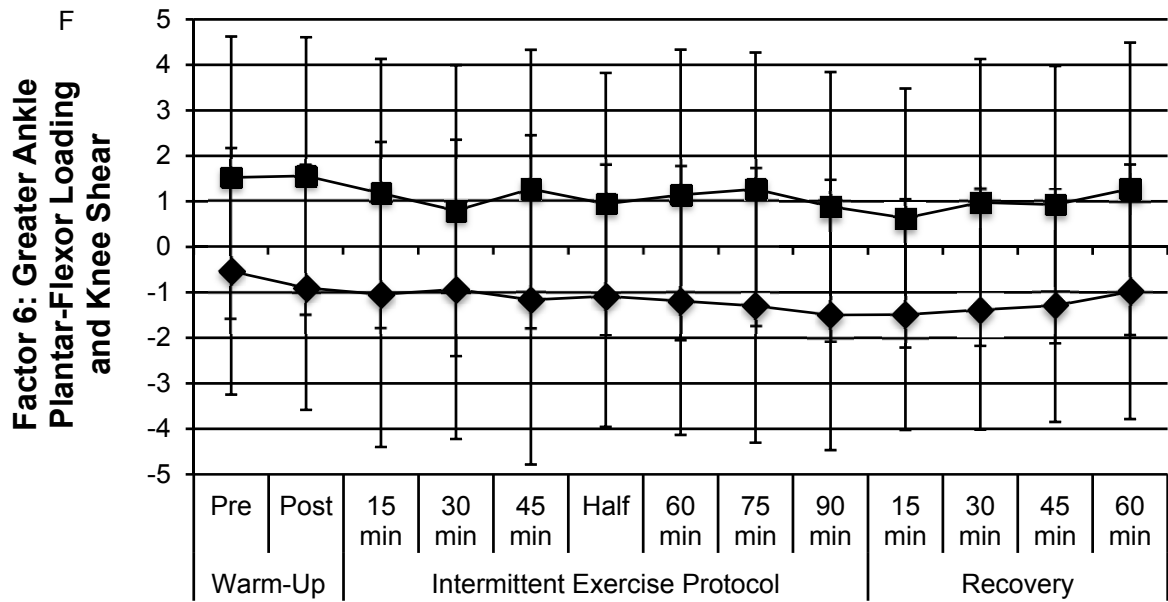
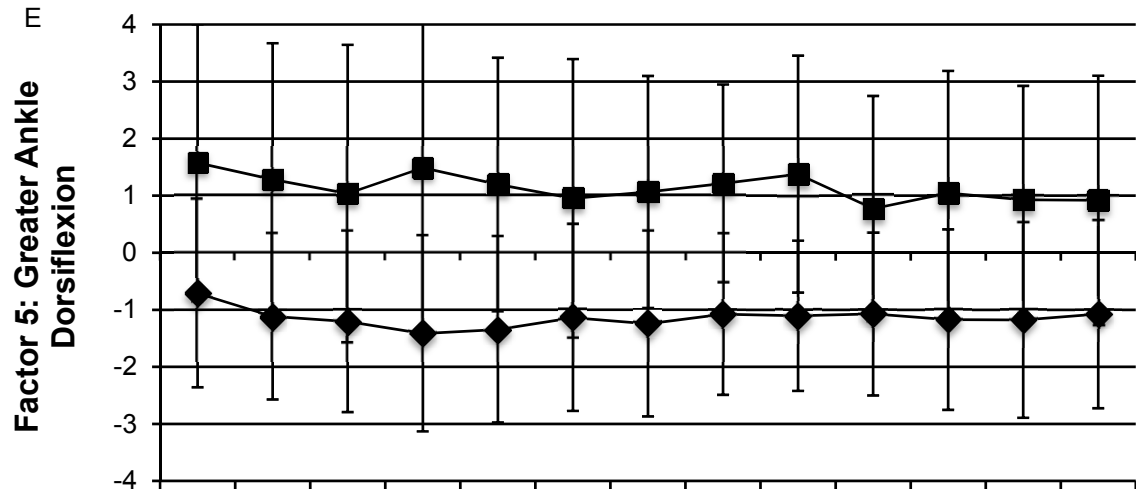
D
Factor 4: Greater Knee Extensor Loading



Time

◆ Women ■ Men

Pre	Post	15 min	30 min	45 min	Half	60 min	75 min	90 min	15 min	30 min	45 min	60 min
Warm-Up		Intermittent Exercise Protocol						Recovery				

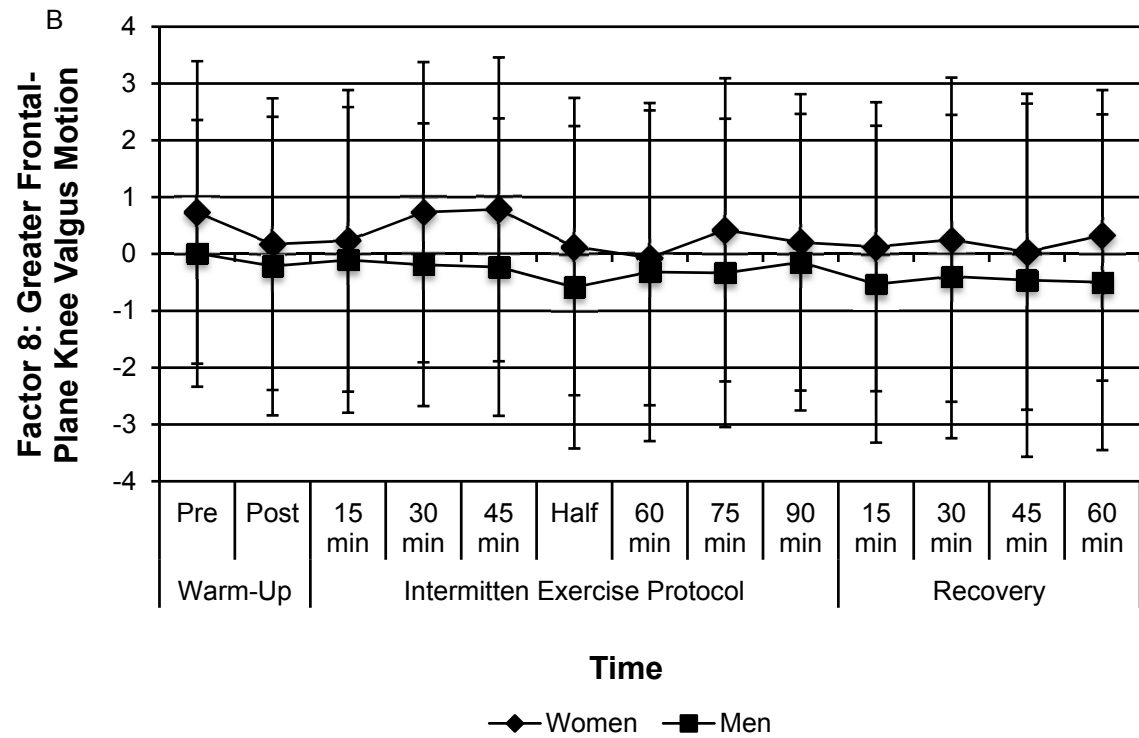
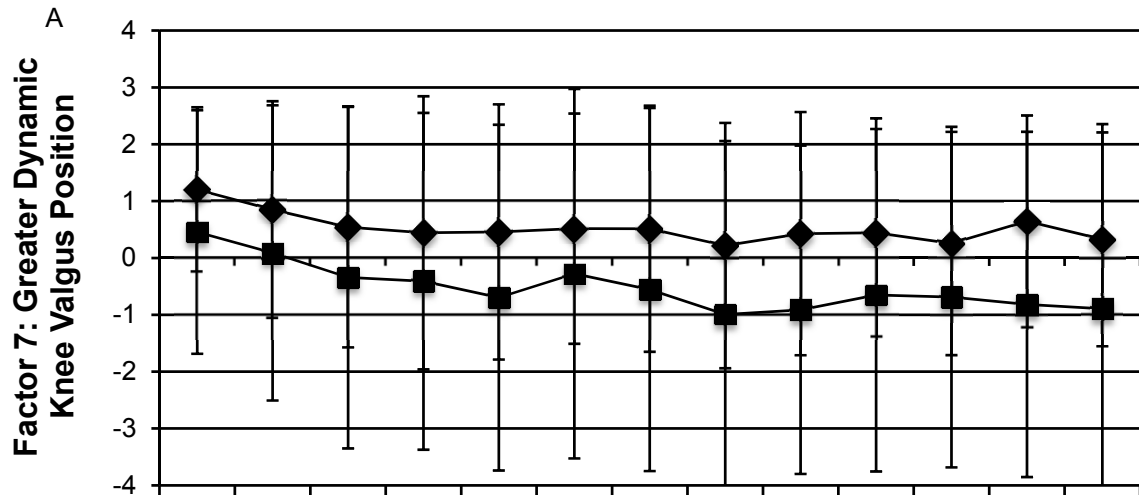


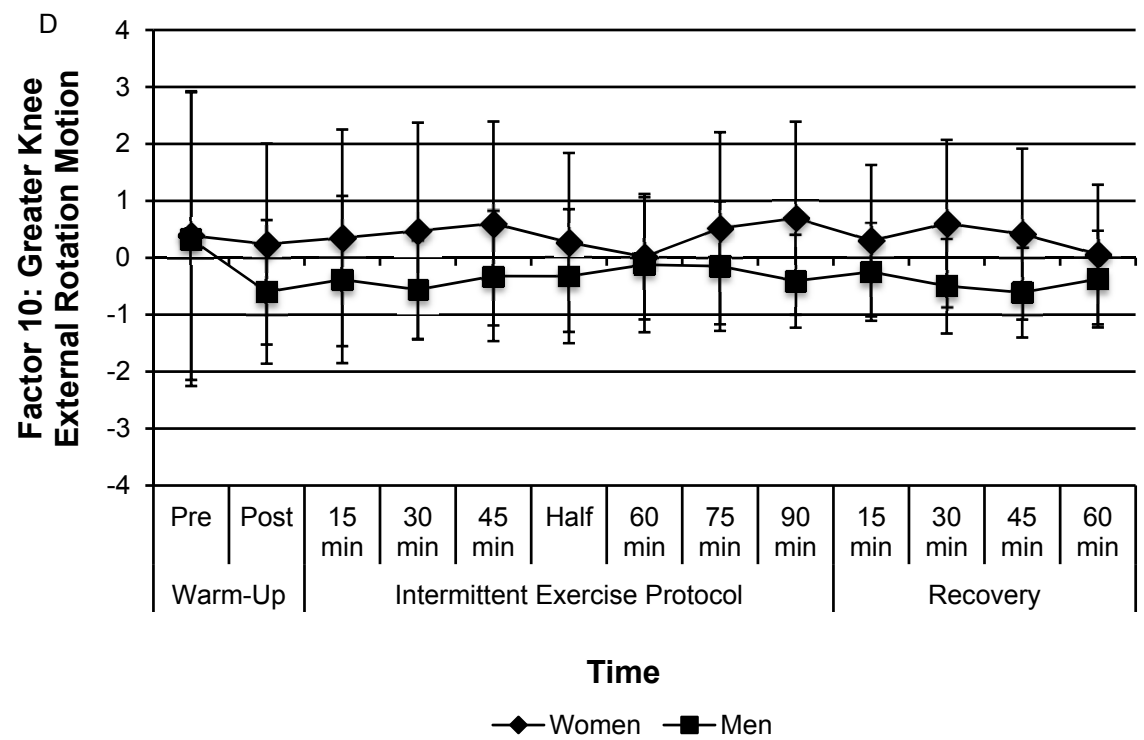
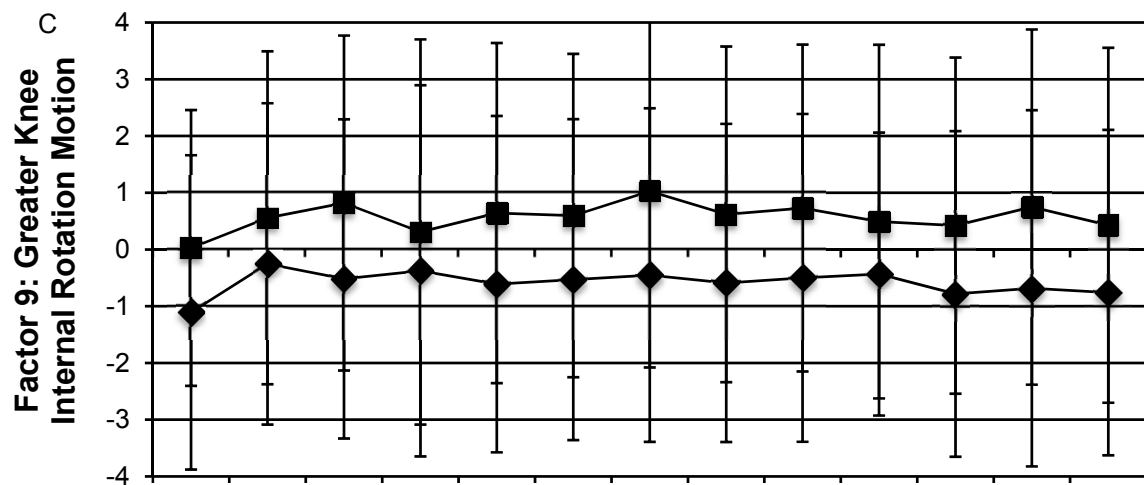
Time

◆ Women ■ Men

Supplemental Figure 2.

Serial changes in frontal- and transverse-plane biomechanics before, during, and after the 90-minute intermittent exercise protocol (IEP). A, Factor 7 depicts dynamic knee valgus position. B, Factor 8 depicts frontal-plane valgus knee motion. C, Factor 9 depicts knee internal rotation motion. D, Factor 10 depicts knee external rotation. E, Factor 11 depicts transverse- and frontal-plane hip and knee moments. All values represent standardized scores. A factor score of zero represents the mean factor scores across all participants and time points.



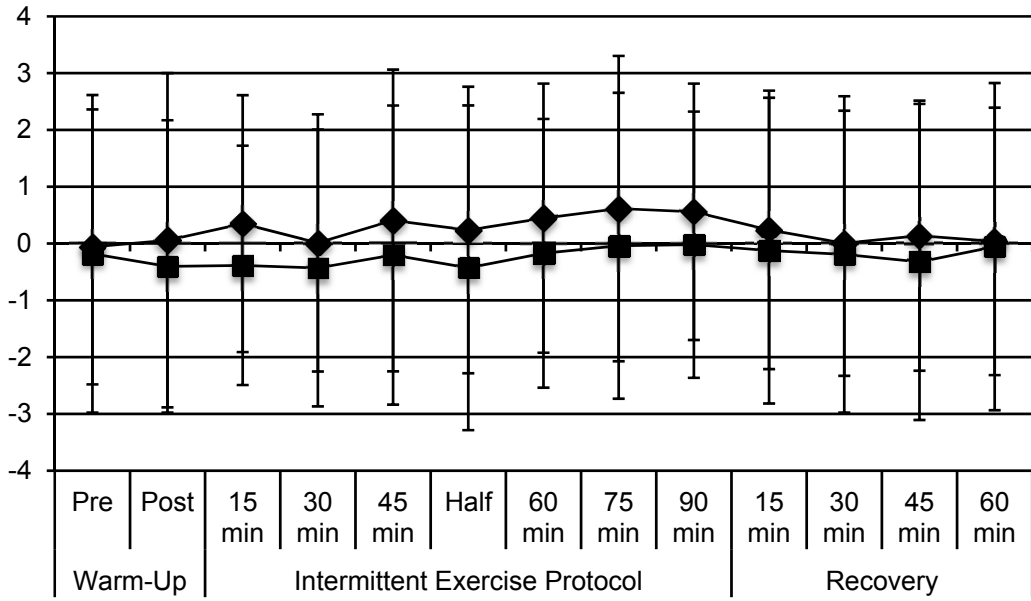


Pre	Post	15 min	30 min	45 min	Half	60 min	75 min	90 min	15 min	30 min	45 min	60 min
Warm-Up		Intermittent Exercise Protocol							Recovery			

Time

◆ Women ■ Men

Factor 11: Less Frontal- and Transverse-Plane Moments \square



Time

◆ Women ■ Men