

**Additional File 3. Mean Number of Repetitions Performed Per Set, with and without Citrulline Malate Supplementation**

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
<b>Citrulline Malate</b>	10.0 ± 0.0	10.0 ± 0.0	9.7 ± 0.8	9.8 ± 0.5	9.3 ± 2.0	9.4 ± 2.0	8.9 ± 2.2	8.2 ± 2.2	8.2 ± 2.4	7.4 ± 2.6
<b>Placebo</b>	10.0 ± 0.0	10.0 ± 0.0	10.0 ± 0.0	9.9 ± 0.3	9.8 ± 0.8	9.9 ± 1.4	8.9 ± 1.5	8.8 ± 1.6	8.8 ± 1.6	8.4 ± 1.8
<b>Mean reps</b>	10.0 ± 0.0	10.0 ± 0.0	9.7 ± 0.6 <sup>ab</sup>	9.9 ± 0.4	9.4 ± 1.5 <sup>cde</sup>	9.4 ± 1.7 <sup>fg</sup>	8.8 ± 1.9	8.1 ± 2.0 <sup>acf</sup>	8.0 ± 2.1 <sup>d</sup>	7.7 ± 2.3 <sup>beg</sup>
<b>P Value Sets</b>						0.01				
<b>P Value Treatment</b>						0.33				
<b>P Value Treatment × Sets</b>						0.34				

**Additional File 3. Mean Number of Repetitions Performed Per Set, with and without Citrulline Malate Supplementation.** ± indicates standard deviation, Means were compared using an repeated measures ANOVA. Post Hoc comparison was performed using a pairwise comparison and Bonferroni adjustment. Sets with the same letter are significantly different from one another P < 0.05.