

Table 3: Parameters of muscle performance pre and post training for the patient, which followed the CON and ECC protocol, respectively.

ECC	Left Leg PRE	Left Leg POST	Right Leg PRE	Right Leg POST
Real Power				
Average [W]	846.79	631.88	911.99	836.40
PEAK [W]	1204.45	899.92	1317.81	1257.36
tPEAK [sec]	0.15	0.14	0.20	0.15
Reactive Power				
Average [W]	172.31	152.19	178.47	251.91
PEAK [W]	952.04	973.89	1047.57	1415.40
tPEAK [sec]	0.42	0.43	0.53	0.51
Training Load				
Average [kg]	43.30	60.93	43.66	59.93
Training Power				
Average [W]	171.09	180.63	166.77	163.88
Positive Work				
Average [W]	2.27	2.27	2.13	2.23
Negative Work				
Average [W]	7.95	8.53	7.83	7.57
CON	Left Leg PRE	Left Leg POST	Right Leg PRE	Right Leg POST
Real Power				
Average [W]	780.33	1165.33	864.93	1158.30
PEAK [W]	964.00	1190.20	1072.70	1214.20
tPEAK [sec]	0.13	0.13	0.16	0.15
Reactive Power				
Average [W]	998.65	1513.48	968.75	1542.33
PEAK [W]	1327.10	1604.10	1286.60	1575.30
tPEAK [sec]	0.75	0.50	0.76	0.53
Training Load				
Average [kg]	42.07	46.89	37.09	48.01
Training Power				
Average [W]	104.07	107.52	101.50	112.66
Positive Work				
Average [W]	4.78	5.11	4.72	5.41
Negative Work				
Average [W]	1.45	1.35	1.31	1.32