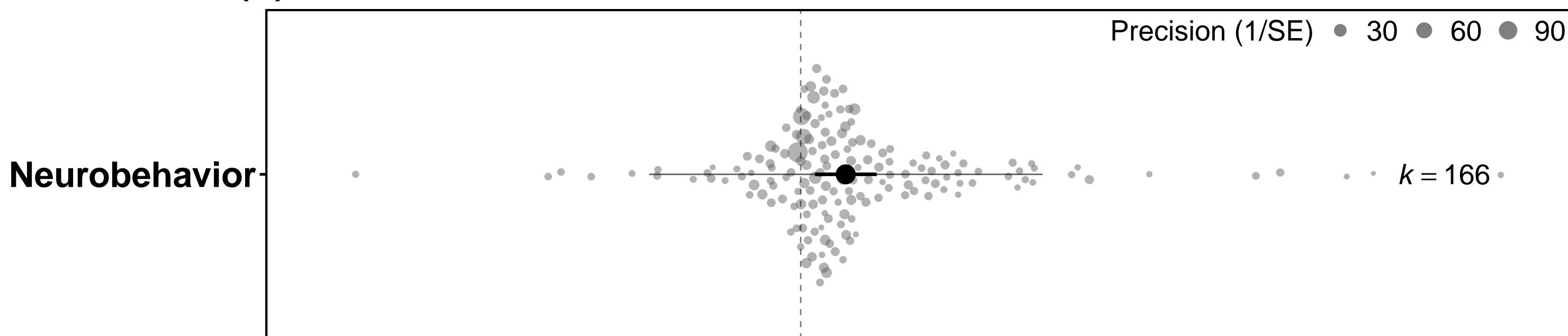
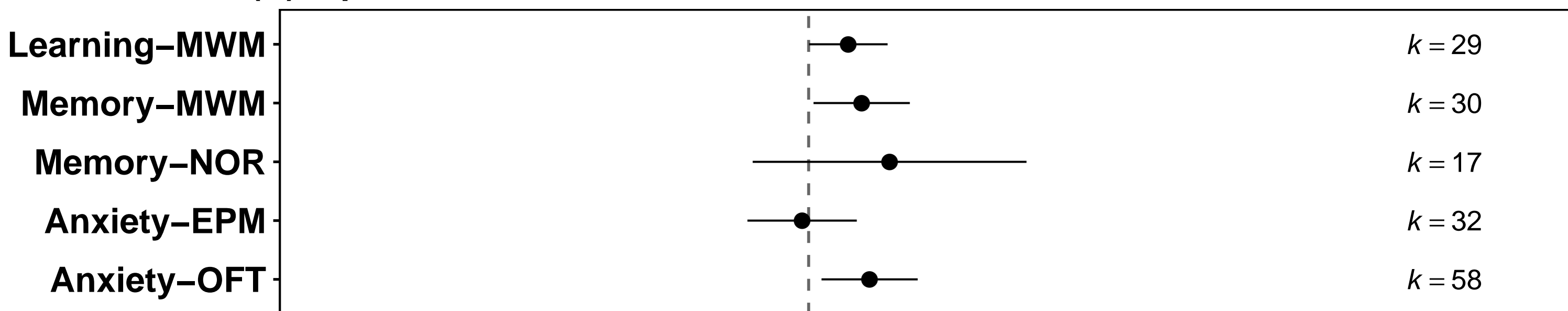


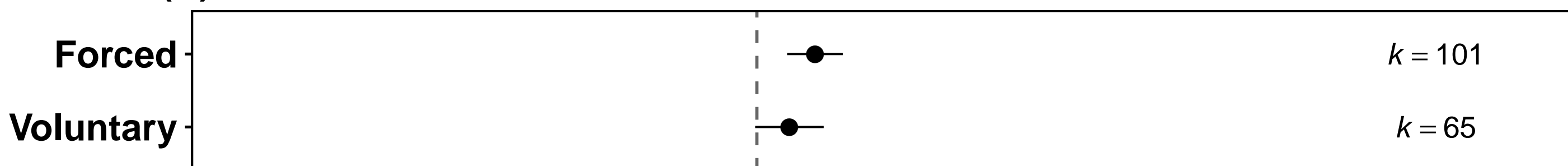
(A) Overall trait mean



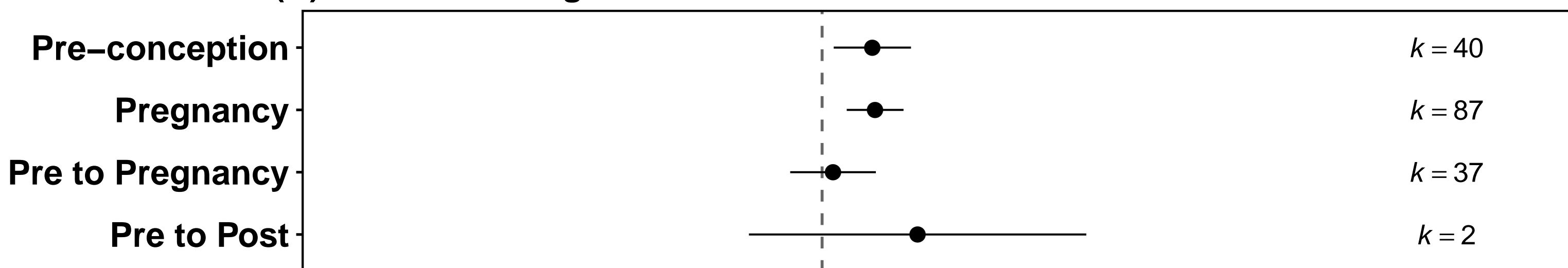
(B) Specific traits



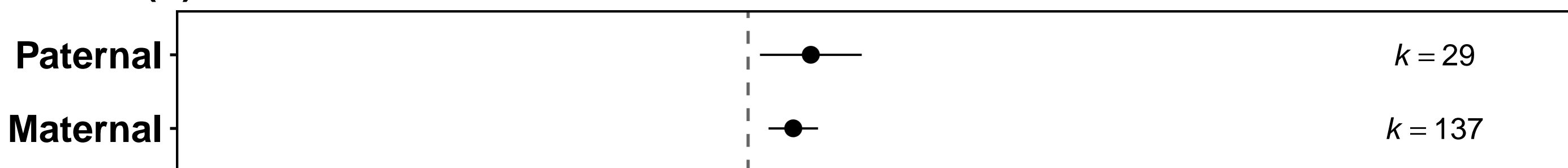
(C) Exercise mode



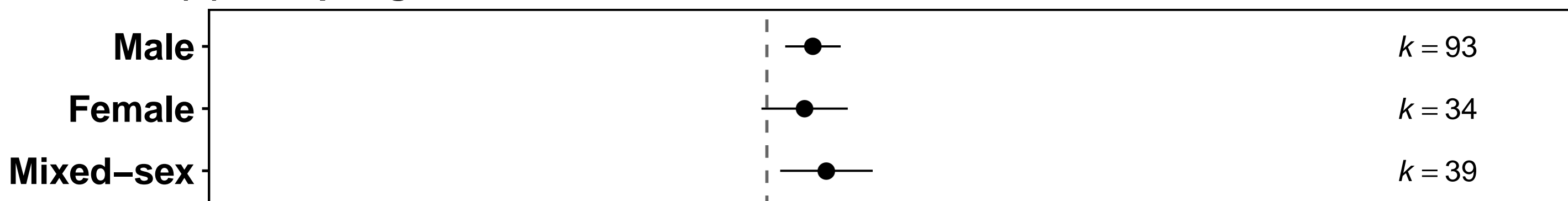
(D) Exercise timing



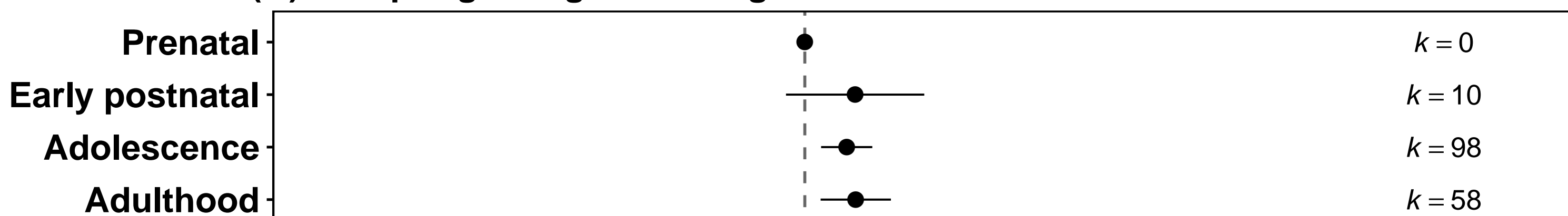
(E) Exercised sex



(F) Offspring sex



(G) Offspring ontogenetic stage



-2 -1 0 1 2 3

Improvement (lnRR)