**The order of stimulation for each participant**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Participant ID** | **Session 1** | **Session 2** | **Session 3** | **Session 4** | **Session 5** |
| 1 | Training | Peak | Trough | AmpMod | Control |
| 2 | Training | Peak | Trough | Control | AmpMod |
| 3 | Training | Peak | AmpMod | Trough | Control |
| 4 | Training | Peak | AmpMod | Control | Trough |
| 5 | Training | Peak | Control | Trough | AmpMod |
| 6 | Training | Peak | Control | AmpMod | Trough |
| 7 | Training | Trough | Peak | AmpMod | Control |
| 8 | Training | Trough | Peak | Control | AmpMod |
| 9 | Training | Trough | AmpMod | Peak | Control |
| 10 | Training | Trough | AmpMod | Control | Peak |
| 11 | Training | Trough | Control | Peak | AmpMod |
| 12 | Training | Trough | Control | AmpMod | Peak |
| 13 | Training | AmpMod | Peak | Trough | Control |
| 14 | Training | AmpMod | Peak | Control | Trough |
| 15 | Training | AmpMod | Trough | Peak | Control |
| 16 | Training | AmpMod | Trough | Control | Peak |
| 17 | Training | AmpMod | Control | Peak | Trough |
| 18 | Training | AmpMod | Control | Trough | Peak |
| 19 | Training | Control | Peak | Trough | AmpMod |
| 20 | Training | Control | Peak | AmpMod | Trough |
| 21 | Training | Control | Trough | Peak | AmpMod |
| 22 | Training | Control | Trough | AmpMod | Peak |
| 23 | Training | Control | AmpMod | Peak | Trough |
| 24 | Training | Control | AmpMod | Trough | Peak |

**The order of participants selected in the data collection**

|  |  |
| --- | --- |
| **Participant ID** | **Participant order** |
| 1 | 16 |
| 2 | 4 |
| 3 | 19 |
| 4 | 20 |
| 5 | 22 |
| 6 | 1 |
| 7 | 10 |
| 8 | 11 |
| 9 | 14 |
| 10 | 2 |
| 11 | 17 |
| 12 | 6 |
| 13 | 7 |
| 14 | 8 |
| 15 | 21 |
| 16 | 23 |
| 17 | 12 |
| 18 | 18 |
| 19 | 24 |
| 20 | 13 |
| 21 | 5 |
| 22 | 15 |
| 23 | 3 |
| 24 | 9 |