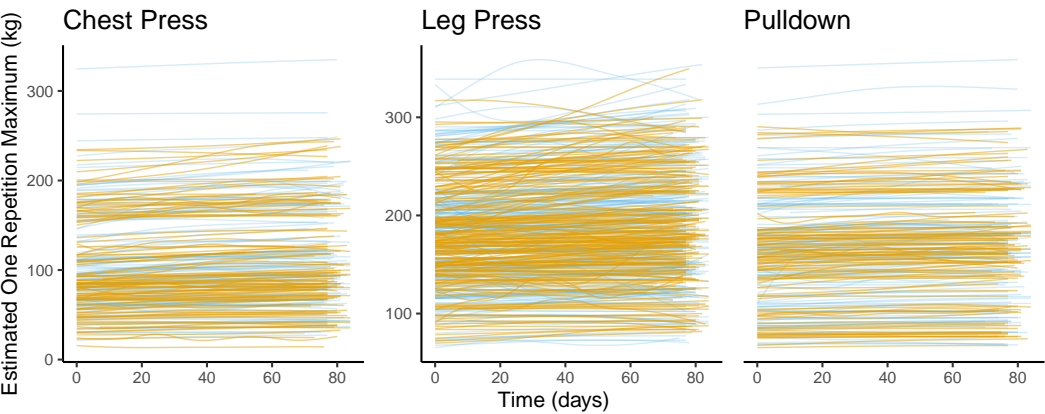
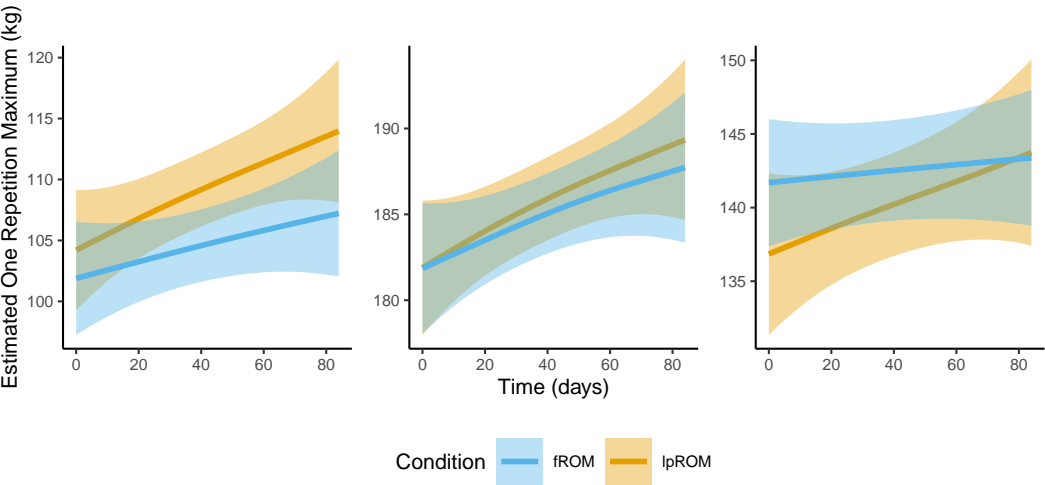


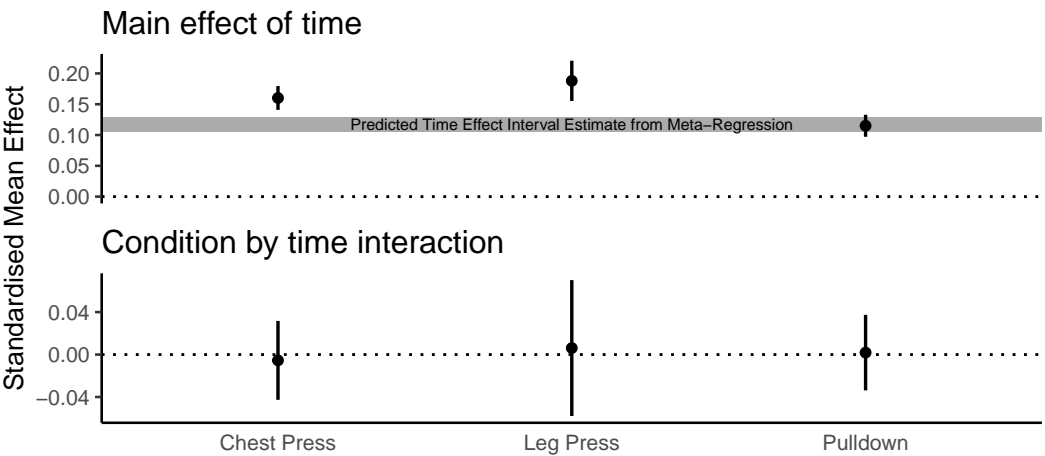
Secondary Exploratory Strength Outcomes



Penalised cubic spline smooths applied to participant and exercise level raw data



Penalised cubic spline smooths applied to group level raw data



Error bars are 95% confidence intervals