**SUPPLEMENTARY MATERIAL: BASELINE VARIABLE AND PAP RESPONSE VISUALISATIONS**

This supplementary File contains initial visualizations of relationships between baseline torque variables and twitch torque (TT) responses (%) across intervention parameters (repetitions and sets), prior to baseline model specification. Baseline maximum voluntary contraction torque (MVIC), baseline TT and baseline TT/MVIC ratio relationships with TT responses (see Figures 1, 2 and 3, respectively) were visualized in interventions 3s and 6s independently and stratified by sets and repetitions.

**A graph of a number of blue lines

Description automatically generated with medium confidence**

Figure . Visualization of the relationship between baseline maximum voluntary isometric contraction torque (MVIC) and the twitch torque response (%) stratified by repetition and set for interventions 3s and 6s.

**A screenshot of a graph

Description automatically generated**

Figure . Visualization of the relationship between baseline twitch torque (TT) and the twitch torque response (%) stratified by repetition and set for interventions 3s and 6s.

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AI-generated content may be incorrect.

Figure . Visualization of the relationship between baseline TT/MVIC ratio and twitch torque response (%) stratified by repetition and set for interventions 3s and 6s.