# Results

## Pmax Test



Figure 1. Average 1-s power output as a function of hanging weight during the Pmax Test.

## Maximum 1-s Power Output



Figure 2. Individual (color) and group mean (thick black) maximum 1-s power output during the three experimental conditions.

## Maximum 1-s Cadence



Figure 3. Individual (color) and group mean (thick black) maximum 1-s cadence during the three experimental conditions.

|  |  |  |  |
| --- | --- | --- | --- |
|  | ad libitum | Self-restricted | Locked |
|  | m + sd | m + sd | m + sd |
| Range bicycle lean angle (deg) |  |  |  |
| Maximum 1-s power output (W) |  |  |  |
| Maximum 1-s cadence (rpm) |  |  |  |
| a statistical difference between ad libitum and self-restricted (p<0.05).  b statistical difference be | | | |

Table 1. Group results (n=15) in each condition during all-out 5-s cycling sprints in a non-seated posture. See Table 2 for more detailed statistical results.

Table 2. Statistical analysis of group results (n=15) shown in Table 1. Multiple comparisons were corrected using the Dunn-Sidak method.