**Addional file 9 – ANOVA with repeated measurements (ranks) intergroup-by-time effects and group-by-time interaction for the secondary outcomes IRFDsub 0-30ms (N/ms)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Pillai`s trace** **(r2 = SSBet/SSTot)** | **L [(N-1) r2]** | **p** | **ES (η2)** |
| IRFDsub 0-30ms right ex (N/ms)(time effects) IRFDsub 0-30ms right ex (N/ms) (interaction effects)IRFDsub 0-30ms left ex (N/ms) (time effects) IRFDsub 0-30ms left ex (N/ms) (interaction effects)IRFDsub 0-30ms right flex (N/ms) (time effects) IRFDsub 0-30ms right flex (N/ms) (interaction effects)IRFDsub 0-30ms left flex (N/ms) (time effects) IRFDsub 0-30ms left flex (N/ms) (interaction effects) | 0.0020.150.010.530.0060.3110.010.45 | 0.032.070.1713.370.075.410.129.78 | 0.980.150.850.001\*0.94 0.01\*0.890.001\* | 0.0020.150.010.530.0060.310.010.44 |

Legend: IRFDsub: Submaximal Isometric Rate of Force Development values; °: significant difference p < 0.05, \*: siginificant difference after Bonferroni adjustment p < 0.0125; ES: effect size (η2 = .01; small effect, η2 = .06; moderate effect, η2 = .14; large effect)