

S1 Table. Mean EMG activation level for the whole pedaling cycle at initial, intermediate and final workloads.

Initial workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		6.69	10.89	8.19		14.38	9.19	11.87
Participant 2		7.20	3.85	4.95	3.41	9.28	7.42	7.23
Participant 3		10.89	6.35	13.90	5.48	7.90	10.84	10.40
Participant 4		2.67	8.27	6.28	12.06		4.68	
Participant 5		16.59	8.91	8.29	15.03	21.72		22.02
Participant 6	25.24	7.00	16.43	5.87	10.91	20.79	15.77	16.15
Participant 7	13.85	5.87	14.64	6.72	6.43	27.02	8.73	8.83
Participant 8	14.44	5.84	4.00	6.81	8.66	14.85	13.96	14.93
Participant 9	5.14	8.56		6.32	6.32	16.36	12.82	14.13
Mean	14.67	7.92	9.17	7.48	8.54	16.54	10.42	13.20
SD	8.23	3.93	4.62	2.63	3.88	6.43	3.65	4.70

Intermediate workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		6.75	20.31	15.16		20.76	14.45	17.75
Participant 2		11.84	8.61	9.08	8.38	15.88	11.04	11.15
Participant 3		12.16	7.02	18.32	9.91	16.40	11.63	12.22
Participant 4		8.08	9.13	9.25	19.13		15.42	
Participant 5		14.14	8.50	11.84	20.06	22.88		22.94
Participant 6	15.48	12.52	19.93	8.36	16.46	29.30	19.32	18.42
Participant 7	19.71	9.54	17.53	12.20	6.99	14.25	11.01	10.43
Participant 8	25.00	12.88	13.07	15.50	5.93	12.68	16.86	17.86
Participant 9	9.09	15.78		15.07	9.26	18.76	17.66	18.41
Mean	17.32	11.52	13.01	12.75	12.02	18.86	14.67	16.15
SD	6.73	2.89	5.51	3.46	5.64	5.39	3.20	4.39

Final workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		19.18	19.36	24.57		21.90	15.23	18.17
Participant 2		19.35	24.43	17.33	27.19	28.92	20.38	18.13
Participant 3		17.57	14.56	20.91	18.39	26.23	16.28	16.31
Participant 4		19.02	9.68	11.64	36.01		14.37	
Participant 5		21.40	12.30	16.14	22.06	23.54		27.00
Participant 6	20.87	23.57	23.68	19.66	23.78	27.02	24.36	23.17
Participant 7	29.86	24.71	18.32	21.18	28.91	32.08	23.33	21.16
Participant 8	24.60	18.88	27.11	28.09	13.44	22.55	20.44	22.96
Participant 9	33.34	30.06		27.30	21.25	15.38	21.11	22.09
Mean	27.17	21.53	18.68	20.76	23.88	24.70	19.44	21.12
SD	5.53	3.97	6.19	5.35	6.89	5.08	3.73	3.46