

S3 Table. Crank angles at which peak activity occurred at initial, intermediate and final workloads.

Initial workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		85	136	127	61	45	58	45
Participant 2		117	125	152	294	270	50	42
Participant 3		109	111	141	287	278	45	34
Participant 4		106	120	158	50	39	45	50
Participant 5		239	124	138	296	343	23	69
Participant 6	140	80	111	79	264	243	343	7
Participant 7	162	75	120	133	289	52	34	60
Participant 8	134	112	109	128	311	311	2	69
Participant 9	56	75	296	134	331	66	50	43
Mean	123	111	139	132	323	343	32	47
SD	46	51	59	22	56	70	25	19

Intermediate workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		117	134	107	278	44	46	53
Participant 2		102	68	180	299	292	52	51
Participant 3		112	114	189	24	277	50	37
Participant 4		77	118	154	72	68	72	147
Participant 5		112	129	250	300	67	45	33
Participant 6	162	118	11	131	273	3	7	104
Participant 7	206	62	122	152	275	37	42	62
Participant 8	228	113	121	136	312	314	55	5
Participant 9	197	128	301	176	61	54	21	60
Mean	198	105	124	164	330	8	43	61
SD	27	21	77	42	64	60	19	42

Final workload								
	BFS	BFL	SemM	SemT	RF	Vint	VL	VM
Participant 1		103	147	132	18	67	45	35
Participant 2		103	62	183	289	48	74	35
Participant 3		118	111	147	27	26	25	16
Participant 4		65	73	165	33	48	275	310
Participant 5		99	140	199	302	12	7	66
Participant 6	212	90	3	97	285	30	13	12
Participant 7	210	108	150	162	319	25	12	60
Participant 8	252	118	117	149	318	320	11	67
Participant 9	221	167	129	196	345	342	9	74
Mean	224	108	104	159	335	22	12	35
SD	19	27	49	32	42	34	43	39