

## Supplemental digital content

Supplemental Digital Content 1 Table.

SDC 1. Subjects' descriptive characteristics.

	80FAIL (n=7)	30WM (n=7)	30FAIL (n=7)	<i>P</i>
Age (y)	24±2	23.1±2	23±1	0.22
Height (cm)	175±6	175±6	173±8	0.84
Weight (kg)	79.4±12.1	77.1±13.1	73.5±8.4	0.26
BMI (kg/m <sup>2</sup> )	25.9±3.9	25.0±3.1	24.4±1.3	0.64

Values are shown as means ± SD, 80FAIL, 80%RM set-to-fatigue; 30WM, 30%RM work matched to 80FAIL; 30FAIL, 30%RM set-to-fatigue; BMI, body mass index; y, year.