

Table S1. Systolic blood pressure (SBP), diastolic blood pressure (DBS), mean arterial pressure (MAP) responses at pre- and post-exercise rests, and during short isometric contraction and the sustained ischemic contraction. SBP: systolic blood pressure, DBP: diastolic blood pressure, MAP: mean arterial pressure, NIT: nitrate supplementation, PLA: placebo supplementation, *: $P < 0.05$, #: ANOVA: the main effect of supplementation.

BP (mmHg)	PLA	NIT
Pre-exercise rest		
SBP	127 ± 6	$123 \pm 5^*$
DBP	66 ± 7	$62 \pm 10^*$
MAP	86 ± 5	$82 \pm 7^*$
Short contraction		
SBP	142 ± 11	$137 \pm 7^*$
DBP	78 ± 4	76 ± 8
MAP	99 ± 5	$96 \pm 6^*$
Ischemic contraction		
160-180 s		
SBP	180 ± 13	$175 \pm 21^{\#}$
DBP	105 ± 11	99 ± 17
MAP	130 ± 11	$124 \pm 16^{\#}$
120-140 s		
SBP	174 ± 15	$168 \pm 19^{\#}$
DBP	103 ± 11	98 ± 13
MAP	126 ± 9	$122 \pm 12^{\#}$
60-80 s		
SBP	161 ± 14	$153 \pm 17^{\#}$
DBP	96 ± 11	92 ± 13
MAP	118 ± 11	$112 \pm 12^{\#}$
0-20 s		
SBP	145 ± 12	$142 \pm 15^{\#}$
DBP	81 ± 7	80 ± 10
MAP	103 ± 7	$101 \pm 10^{\#}$
Post-exercise rest		
SBP	153 ± 11	$139 \pm 11^*$
DBP	96 ± 10	93 ± 14
MAP	115 ± 8	$109 \pm 13^*$