

Table S1. Material parameters.

Modified model	$E_{ser,1}$ N/mm ²	$E_{par,1}$ N/mm ²	$\eta_{par,1}$ N/mm ²	$E_{ser,2}$ N/mm ²	$E_{par,2}$ N/mm ²	$\eta_{par,2}$ N/mm ²	$E_{ser,3}$ N/mm ²	$E_{par,3}$ N/mm ²	$\eta_{par,3}$ N/mm ²	l mm	N -
	0.0473	0.0864	32.17	0.036	-	0.568	0.037	-	0.061	0.08	15
Yeoh model	g_1	t_1 (s)	g_2	t_2 (s)	g_3	t_3 (s)	g_4	t_4 (s)	C_1 MPA	C_2 MPA	C_3 MPA
	0.478	0.153	0.205	0.464	0.0072	32.02	0.0492	215.8	8.27× 10 ⁻²	-7.5× 10 ⁻⁴	5.86× 10 ⁻⁶
VHB 4910	ε	ε_0 As/Vm	a	b	c						
	4.7	8.5× 10 ⁻¹²	-2.9× 10 ⁻¹	9.0× 10 ⁻²	-9.8× 10 ⁻³						