

Table S1. Effects of total quantity of exercise experience on CFE

	TQEE Low [<i>n</i> =8]	TQEE Middle [<i>n</i> =8]	TQEE Large [<i>n</i> =7]	ANCOVA		Effect size <i>f</i>
	Mean ± SD	Mean ± SD	Mean ± SD	F -value	<i>p</i> -value	
CFE (%)	1329.9 ± 547.6	1075.0 ± 253.6	1067.9 ± 302.4	2.83	0.085	0.561

covariance = Age, Maximum grip strength

ANCOVA, analysis of covariance; CFE, Controlled Force Exertion; TQEE, total quantity of exercise experience