Table S1. Three-way ANOVA results for reached repetitions, peak velocity, peak power, peak HR, SmO_2, and tHb during bench press and back squat.

		C	S	I	C × S	C × I	S × I	C × S × I
Repetition	**BP**	***F(1, 10) = 17.06 p = 0.002 η²p = 0.630***	F(1, 10) = 0.25 p = 0.630 η²p = 0.024	***F(1.33, 13.27) = 209.05 p < 0.001 η²p = 0.954***	F(1, 10) = 0.89 p = 0.368 η²p = 0.082	F(1.39, 13.89) = 0.89 p = 0.395 η²p = 0.082	F(1.58, 15.84) = 0.63 p = 0.510 η²p = 0.059	F(1.17, 11.69) = 0.01 p = 0.945 η²p = 0.001
	BS	***F(1, 10) = 10.95 p = 0.008 η²p = 0.523***	***F(1, 10) = 5.12 p = 0.047 η²p = 0.339***	***F(1.31, 13.14) = 56.20 p < 0.001 η²p = 0.849***	F(1, 10) = 1.78 p = 0.212 η²p = 0.151	F(1.89, 18.93) = 2.77 p = 0.091 η²p = 0.217	F(1.44, 14.40) = 0.02 p = 0.956 η²p = 0.002	F(1.95, 19.47) = 0.04 p = 0.963 η²p = 0.003
Peak velocity	**BP**	***F(1, 10) = 220.78 p < 0.001 η²p = 0.957***	***F(1, 10) = 11.53 p = 0.007 η²p = 0.536***	***F(1.93, 19.33) = 103.15 p < 0.001 η²p = 0.912***	F(1, 10) = 0.02 p = 0.891 η²p = 0.002	F(1.76, 17.63) = 0.22 p = 0.778 η²p = 0.021	F(1.85, 18.47) = 1.84 p = 0.188 η²p = 0.156	F(1.42, 14.22) = 1.51 p = 0.249 η²p = 0.131
	BS	***F(1, 10) = 87.65 p < 0.001 η²p = 0.898***	***F(1, 10) = 13.48 p = 0.004 η²p = 0.574***	***F(1.76, 17.65) = 106.80 p < 0.001 η²p = 0.914***	F(1, 10) = 0.08 p = 0.786 η²p = 0.008	F(1.75, 17.53) = 0.13 p = 0.856 η²p = 0.013	F(1.44, 14.44) = 1.49 p = 0.254 η²p = 0.129	F(1.94, 19.41) = 0.07 p = 0.931 η²p = 0.007
Peak power	**BP**	F(1, 10) = 0.20 p = 0.663 η²p = 0.020	F(1, 10) = 0.15 p = 0.703 η²p = 0.015	***F(1.88, 18.80) = 277.44 p < 0.001 η²p = 0.965***	F(1, 10) = 0.28 p = 0.609 η²p = 0.027	F(1.60, 16.04) = 0.72 p = 0.473 η²p = 0.067	F(1.27, 12.71) = 0.30 p = 0.650 η²p = 0.029	F(1.92, 19.25) = 0.11 p = 0.894 η²p = 0.010
	BS	F(1, 10) = 1.36 p = 0.271 η²p = 0.119	F(1, 10) = 1.63 p = 0.231 η²p = 0.140	***F(1.85, 18.51) = 565.67 p < 0.001 η²p = 0.983***	F(1, 10) = 0.90 p = 0.366 η²p = 0.082	F(1.52, 15.22) = 0.59 p = 0.523 η²p = 0.056	F(1.79, 17.91) = 0.79 p = 0.455 η²p = 0.074	***F(1.64, 16.41) = 4.60 p = 0.032 η²p = 0.315***
Peak HR	**BP**	***F(1, 10) = 250.20 p < 0.001 η²p = 0.962***	F(1, 10) = 0.24 p = 0.635 η²p = 0.023	***F(1.88, 18.83) = 325.79 p < 0.001 η²p = 0.970***	F(1, 10) = 0.08 p = 0.782 η²p = 0.008	***F(1.70, 17.05) = 16.29 p < 0.001 η²p = 0.620***	F(1.80, 18.00) = 2.83 p = 0.090 η²p = 0.221	F(1.78, 17.78) = 0.14 p = 0.846 η²p = 0.014
	BS	***F(1, 10) = 5.76 p = 0.037 η²p = 0.366***	F(1, 10) = 0.43 p = 0.525 η²p = 0.042	***F(1.89, 18.90) = 31.21 p < 0.001 η²p = 0.757***	F(1, 10) = 1.08 p = 0.323 η²p = 0.097	F(1.44, 14.42) = 0.67 p = 0.478 η²p = 0.063	F(1.52, 15.24) = 1.17 p = 0.321 η²p = 0.105	***F(1.70, 17.03) = 4.12 p = 0.040 η²p = 0.292***
SmO_2	**BP**	***F(1, 10) = 128.93 p < 0.001 η²p = 0.928:***	***F(1, 10) = 8.90 p = 0.014 η²p = 0.471***	F(1.81, 18.05) = 2.10 p = 0.154 η²p = 0.174	***F(1, 10) = 22.71 p < 0.001 η²p = 0.694***	F(1.59, 15.85) = 0.31 p = 0.689 η²p = 0.030	F(1.68, 16.80) = 0.41 p = 0.637 η²p = 0.039	F(1.83, 18.33) = 3.21 p = 0.068 η²p = 0.243
	BS	***F(1, 10) = 89.69 p < 0.001 η²p = 0.900***	***F(1, 10) = 27.1 p < 0.001 η²p = 0.731***	F(1.84, 18.43) = 1.91 p = 0.178 η²p = 0.160	***F(1, 10) = 38.93 p < 0.001 η²p = 0.796***	F(1.56, 15.57) = 0.18 p = 0.782 η²p = 0.018	F(1.60, 15.98) = 0.52 p = 0.564 η²p = 0.050	F(1.49, 14.86) = 0.11 p = 0.839 η²p = 0.011
tHb	**BP**	***F(1, 10) = 6.46 p = 0.029 η²p = 0.392***	F(1, 10) = 1.89 p = 0.199 η²p = 0.159	F(1.48, 14.83) = 0.57 p = 0.529 η²p = 0.054	F(1, 10) = 1.93 p = 0.195 η²p = 0.161	F(1.75, 17.49) = 3.17 p = 0.072 η²p = 0.241	F(1.80, 18.03) = 0.80 p = 0.453 η²p = 0.074	F(1.83, 18.31) = 0.08 p = 0.906 η²p = 0.008
	BS	F(1, 10) = 0.69 p = 0.427 η²p = 0.064	F(1, 10) = 0.01 p = 0.922 η²p = 0.001	F(1.76, 17.62) = 0.66 p = 0.513 η²p = 0.062	F(1, 10) = 0.55 p = 0.475 η²p = 0.052	F(1.60, 16.04) = 0.07 p = 0.898 η²p = 0.007	***F(1.37, 13.70) = 4.93 p = 0.035 η²p = 0.330***	F(1.83, 18.31) = 1.63 p = 0.224 η²p = 0.140

HR: Heart rate; SmO_2: Muscle oxygenation; tHb: Total haemoglobin; BP: Bench press; BS: Back Squat; C: Condition; S: Session; I: Intensity. Significant effects were highlighted in bold.