Table 3. The effect of low volume training on two-limb-average biceps femoris long head architecture

	Muscle thickness (cm)	d	Pennation angle (°)	d	Fascicle length (cm)	d
Intervention						
Pre intervention (Day 0)	2.58 ± 0.25		14.82 ± 1.34		10.09 ± 0.67	
Day 7	2.58 ± 0.27	0	13.46 ± 1.02	-1.14	11.10 ± 0.59	1.59
Day 14	2.62 ± 0.26	0.15	$12.66 \pm 0.95^*$	-1.85	$11.96 \pm 0.73^{\#}$	2.66
Day 21	2.64 ± 0.31	0.21	$12.67 \pm 1.07^*$	-1.77	$12.03 \pm 0.85^*$	2.53
Day 28	2.62 ± 0.26	0.15	$12.37 \pm 1.01^*$	-2.32	$12.22 \pm 0.65^*$	3.22
Day 35	2.61 ± 0.28	0.11	$12.39 \pm 1.11^*$	-1.97	$12.15 \pm 0.58^*$	3.28
End intervention (Day 42)	2.63 ± 0.31	0.17	$12.12 \pm 1.09^*$	-2.21	$12.50 \pm 0.72^*$	3.46
Detraining						
Mid detraining (Day 56)	2.53 ± 0.30	-0.18	13.86 ± 1.48	-0.68	10.60 ± 0.76	0.71
End detraining (Day 70)	2.55 ± 0.27	-0.11	14.41 ± 1.20	-0.32	10.27 ± 0.80	0.24

Effect size (d) calculations presented were within-group comparisons with baseline values. Data presented as mean ± standard deviation. * $p<0.001$ vs baseline, # $p<0.05$ vs baseline.