Table 1. *The effect of Nordic hamstring exercise interventions performed with bodyweight (NHE$_{bodyweight}$) and additional weight (NHE$_{weighted}$), as well as weighted razor hamstring curl interventions (RHC$_{weighted}$), on biceps femoris long head architectural characteristics.*

	Muscle thickness (cm)			Pennation angle (°)			Fascicle length (cm)		
	NHE$_{bodyweight}$ group	NHE$_{weighted}$ group	RHC$_{weighted}$ group	NHE$_{bodyweight}$ group	NHE$_{weighted}$ group	RHC$_{weighted}$ group	NHE$_{bodyweight}$ group	NHE$_{weighted}$ group	RHC$_{weighted}$ group
Intervention									
Day 0 (Pre intervention)	2.56 ± 0.39	2.36 ± 0.32	2.44 ± 0.30	16.00 ± 1.96	14.87 ± 1.23	15.57 ± 1.45	9.85 ± 0.90	9.85 ± 1.13	9.76 ± 0.80
Day 7 (*d*)	2.62 ± 0.39 (0.18)	2.38 ± 0.32 (0.07)	2.51 ± 0.32 (0.22)	16.10 ± 2.03 (0.08)	13.69 ± 1.00 (-0.85)	15.85 ± 1.16 (0.20)	10.07 ± 0.71 (0.29)	10.83 ± 1.07[##] (0.88)	9.79 ± 0.80 (0.10)
Day 14 (*d*)	2.62 ± 0.43 (0.19)	2.41 ± 0.30 (0.16)	2.46 ± 0.26 (0.07)	15.99 ± 2.34 (-0.00)	13.26 ± 0.94 (-1.15)	15.76 ± 0.67 (0.14)	10.18 ± 0.93 (0.42)	11.34 ± 0.85[##] (1.34)	9.64 ± 0.76 (-0.09)
Day 21 (*d*)	2.61 ± 0.38 (0.15)	2.40 ± 0.32 (0.11)	2.52 ± 0.28 (0.23)	15.76 ± 1.84 (-0.17)	13.13 ± 0.94 (-1.25)	15.72 ± 1.03 (0.11)	10.26 ± 0.71 (0.53)	11.39 ± 0.91[##] (1.39)	9.89 ± 0.81 (0.24)
Day 28 (*d*)	2.67 ± 0.38 (0.35)	2.36 ± 0.34 (0.01)	2.49 ± 0.31 (0.09)	16.16 ± 1.84 (0.11)	12.98 ± 1.11 (-1.35)	15.91 ± 0.96 (0.27)	10.22 ± 0.45 (0.48)	11.34 ± 0.91[##] (1.34)	9.65 ± 0.78 (-0.08)
Day 35 (*d*)	2.65 ± 0.39 (0.26)	2.42 ± 0.35 (0.18)	2.41 ± 0.29 (-0.20)	15.41 ± 1.87 (-0.28)	12.94 ± 1.28 (-1.23)	15.53 ± 0.95 (-0.03)	10.61 ± 0.67 (0.99)	11.67 ± 0.81[##] (1.64)	9.61 ± 0.84 (-0.14)
Day 42 (Post intervention) (*d*)	2.67 ± 0.38 (0.32)	2.44 ± 0.34 (0.27)	2.43 ± 0.32 (-0.03)	15.88 ± 1.98 (-0.09)	13.34 ± 1.29 (-1.09)	15.49 ± 1.14 (0.05)	10.41 ± 0.67 (0.72)	11.42 ± 1.01[##] (1.41)	9.71 ± 0.75 (-0.00)
Detraining									
Day 49 (*d*)	2.66 ± 0.39 (0.14)	2.37 ± 0.36 (0.04)	2.50 ± 0.31 (0.02)	16.55 ± 1.87 (0.28)	14.10 ± 1.66 (-0.55)	15.86 ± 1.16 (0.05)	9.92 ± 0.84 (0.09)	10.46 ± 0.70[**] (0.55)	9.73 ± 0.65 (-0.02)
Day 56 (*d*)	2.58 ± 0.39 (0.07)	2.38 ± 0.37 (0.05)	2.50 ± 0.33 (0.07)	16.61 ± 2.29 (0.62)	14.71 ± 1.09 (-0.12)	15.87 ± 1.06 (0.09)	9.61 ± 0.60[*] (-0.31)	9.98 ± 0.83[**] (0.12)	9.73 ± 0.82 (-0.03)
Day 63 (*d*)	2.65 ± 0.40 (0.28)	2.38 ± 0.32 (0.05)	2.49 ± 0.26 (0.16)	17.12 ± 2.05 (0.80)	14.67 ± 1.51 (-0.11)	15.64 ± 0.85 (0.07)	9.54 ± 0.47[*] (-0.39)	10.07 ± 0.61[**] (0.20)	9.88 ± 0.74 (0.22)
Day 70 (Post detraining) (*d*)	2.62 ± 0.39 (0.19)	2.35 ± 0.31 (-0.04)	2.51 ± 0.32 (0.22)	17.12 ± 2.22 (0.80)	15.05 ± 1.22 (0.13)	15.53 ± 1.33 (0.03)	9.48 ± 0.61[**] (-0.47)	9.66 ± 0.82[**] (-0.18)	9.99 ± 0.56 (0.39)

All data presented as mean ± SD of dominant and non-dominant limb. Effect sizes (*d*) are presented with comparisons to pre intervention (Day 0) values.

NHE = Nordic hamstring exercise, RHC = razor hamstring curl.

#=p<0.05 vs. Day 0 (Pre intervention), ##=p<0.001 vs. Day 0 (Pre intervention), *=p<0.05 vs. Day 42 (Post intervention), **= p<0.001 vs. Day 42 (Post intervention).