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| TABLE 1. *Changes in the biceps femoris long head architectural characteristics in the training limb of each group at the start (day 0), after 14, 21 and 42 days of the training intervention as well as following the de-training period (day 70).*  |
| 0% MVIC | Concentric Group (n=14) |  | Eccentric Group (n=14) |
| Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) |
| FL (cm) | 11.71±0.9 | 10.74±0.7\* | 10.45±0.9\* | 10.33±0.8\*\* | 10.45±0.8\* | 11.53±0.6 | 13.24±0.9\*\* | 13.27±0.9\*\* | 13.42±0.8\*\* | 11.85±1.0## |
| RFL | 4.60±0.2 | 4.01±0.3\*\* | 3.90±0.3\*\* | 3.86±0.3\*\* | 3.97±0.3\*\* | 4.31±0.4 | 4.75±0.4\* | 4.65±0.4 | 4.64±0.4 | 4.3±0.2 |
| PA (deg) | 12.57±0.6 | 14.47±0.9\* | 14.97±1.4\*\* | 15.1±1.3\*\* | 14.72±1.5\*\* | 13.52±1.2 | 12.21±1.1\* | 12.40±1.2\* | 12.50±1.2\* | 13.50±0.9 |
| MT (cm) | 2.54±0.2 | 2.68±0.2 | 2.70±0.2 | 2.68±0.2 | 2.64±0.2 | 2.69±0.2 | 2.80±0.3 | 2.86±0.2 | 2.91±0.2 | 2.77±0.3 |
| 25% MVIC | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) |
| FL (cm) | 10.69±0.6 | 10.01±0.4\* | 9.83±0.8\* | 9.63±0.8\* | 10.03±0.8 | 10.72±0.5 | 11.92±0.7\* | 12.35±0.9\*\* | 12.33±0.6\*\* | 11.13±0.9# |
| RFL | 4.15±0.2 | 3.70±0.2\*\* | 3.63±0.2\*\* | 3.60±0.2\*\* | 3.71±0.3\* | 3.94±0.3 | 4.2±0.2 | 4.22±0.3 | 4.20±0.4 | 3.92±0.2 |
| PA (deg) | 13.95±0.7 | 15.72±0.9\* | 16.04±1.2\*\* | 16.16±1.2\*\* | 15.72±1.3\* | 14.79±1.2 | 13.89±0.9 | 13.67±1.2 | 13.87±0.6\* | 14.81±0.9 |
| MT (cm) | 2.58±0.2 | 2.71±0.2 | 2.71±0.2 | 2.67±0.2 | 2.70±0.2 | 2.74±0.2 | 2.87±0.2 | 2.93±0.2 | 2.95±0.3 | 2.84±0.2 |
| 50% MVIC | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) |
| FL (cm) | 10.03±0.7 | 9.60±0.5 | 9.32±0.6\* | 9.22±0.5\* | 9.50±0.6 | 10.15±0.5 | 11.09±0.7\* | 11.59±0.7\*\* | 11.80±0.6\*\* | 10.64±0.8## |
| RFL | 3.80±0.2 | 3.50±0.2\* | 3.41±0.3\* | 3.37±0.2\*\* | 3.46±0.2\* | 3.64±0.2 | 3.84±0.2 | 3.92±0.3 | 3.95±0.3\* | 3.70±0.2 |
| PA (deg) | 15.30±0.9 | 16.70±1.2\* | 17.14±1.4\* | 17.28±1.2\* | 16.88±1.3\* | 16.01±1.2 | 15.10±1.0 | 14.91±0.9 | 14.74±1.1\* | 15.72±0.9 |
| MT (cm) | 2.65±0.2 | 2.75±0.2 | 2.74±0.2 | 2.74±0.2 | 2.75±0.2 | 2.79±0.2 | 2.89±0.2 | 2.97±0.2 | 3.00±0.2 | 2.87±0.2 |
| 75% MVIC | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) | Baseline(Day 0) | Intervention (Day 14) | Intervention(Day 21) | EndIntervention(Day 42) | Post Intervention (Day 70) |
| FL (cm) | 9.36±0.6 | 9.21±0.6 | 9.12±0.6 | 8.78±0.6\* | 9.15±0.5 | 9.62±0.6 | 10.51±0.7\* | 11.03±0.6\*\* | 11.21±0.6\*\* | 10.20±0.7# |
| RFL | 3.53±0.2 | 3.34±0.2 | 3.28±0.2\* | 3.18±0.2\* | 3.31±0.2 | 3.43±0.2 | 3.64±0.2 | 3.72±0.2\* | 3.75±0.3\* | 3.54±0.2 |
| PA (deg) | 16.50±1.2 | 17.46±1.2 | 17.86±1.4 | 18.34±1.1\* | 17.62±1.2 | 17.03±1.2 | 15.95±1.1 | 15.70±0.9\* | 15.54±1.1\* | 16.44±0.9 |
| MT (cm) | 2.65±0.2 | 2.76±0.2 | 2.79±0.2 | 2.76±0.2 | 2.77±0.2 | 2.81±0.2 | 2.89±0.2 | 2.98±0.2 | 2.99±0.2 | 2.87±0.2 |
| \*=p<0.05 vs Day 0, \*\* = p<0.001 vs Day 0, # = p<0.05 vs Day 42, ## = p<0.001 vs Day 42. All data represented as mean±SD unless otherwise stated. SD = standard deviation, MT = muscle thickness, cm = centimetres, PA = pennation angle, RFL = fascicle length relative to muscle thickness, FL = fascicle length, MVIC = maximum voluntary isometric contraction. |