

**Supplementary file 1. Reliability statistics.**

Time	Variable	Repetition 1		Repetition 2		Relative reliability			Absolute reliability					
		Mean	SD	Mean	SD	ICC	95% CI		TE	95% CI		TE (%Mean)	95% CI	
Before	BF (kPa)	8.59	3.16	8.47	3.14	0.96	0.92	0.98	0.63	0.49	0.88	7.39	5.74	10.36
exercise	ST (kPa)	9.35	2.20	9.89	2.27	0.96	0.92	0.98	0.45	0.35	0.63	4.70	3.66	6.60
	SM (kPa)	11.88	4.16	11.66	4.27	0.99	0.97	0.99	0.54	0.42	0.76	4.58	3.56	6.43
	RoM (°)	90.71	19.35	90.71	19.10	0.98	0.94	0.99	3.18	2.47	4.46	3.51	2.73	4.92
After	BF (kPa)	8.19	3.26	8.07	3.21	0.97	0.93	0.99	0.59	0.46	0.83	7.31	5.68	10.25
exercise	ST (kPa)	9.87	3.78	9.83	3.77	0.98	0.96	0.99	0.50	0.39	0.71	5.10	3.97	7.16
	SM (kPa)	11.57	5.22	11.58	5.24	0.98	0.95	0.99	0.78	0.61	1.10	6.77	5.26	9.50
	RoM (°)	90.17	18.83	90.21	19.53	0.98	0.97	0.99	2.49	1.93	3.49	2.76	2.14	3.87