|  |  |
| --- | --- |
|  | **Suspended supine bridge**  |
| **Exercise phase** | **Muscle group** | **Non-vibro vs vibro 25** |  | **Non-vibro vs vibro 40** |  | **Vibro 25 vs vibro 40** |
| **%** |  | **%** |  | **%** |
| Concentric  | Rectus femoris | 4,79 |  | 16,49 |  | 11,16 |
| Biceps femoris | 6,03 |  | 2,79 |  | -3,05 |
| Semitendinosus | 16,35 |  | 17,58 |  | 1,06 |
| Gluteus maximus | 8,93 |  | 11,99 |  | 2,81 |
| Gastrocnemius medialis | 23,84 |  | 8,66 |  | -12,26 |
| Gastrocnemius lateralis | 14,16 |  | 5,62 |  | -7,48 |
| Global activity | 14,87 |  | 8,79 |  | -5,29 |
| Eccentric | Rectus femoris | -6,97 |  | -1,32 |  | 6,07 |
| Biceps femoris | 13,77 |  | 1,76 |  | -10,56 |
| Semitendinosus | 9,87 |  | 10,86 |  | 0,90 |
| Gluteus maximus | -3,66 |  | -0,28 |  | 3,51 |
| Gastrocnemius medialis | 22,33 |  | 12,54 |  | -8,01 |
| Gastrocnemius lateralis | 3,88 |  | -3,06 |  | -6,68 |
| Global activity | 9,72 |  | 3,77 |  | -5,43 |

**Supplementary Table 1.** Percentage of change for each analyzed muscle under suspended supine bridge conditions.