

Table S1. Number of subjects required to show a significant response to training with the difference (δ) and standard deviation (σ) observed in the current investigation, with an $\alpha=0.05$ and a $\beta=0.2$ (i.e., power of 0.8, 80%).

Muscle	Number of Subjects
Upper Leg	
Rectus Femoris	33
Vastii	3
Adductor Longus	23
Adductor Magnus	2249
Gracilis	85
Sartorius	12
Biceps Femoris – Long Head	19
Biceps Femoris – Short Head	24
Semimembranosus	170
Semitendinosus	60
Lower Leg	
Anterior Tibial Muscles	26
Peroneals	43
Tibialis Posterior	183
Flexor Digitorum Longus	10
Lateral Gastrocnemius	25
Medial Gastrocnemius	152
Soleus	17

Data from the n=5 weight stable subjects were used for the calculations.