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Title: Effects of time-of-day on neuromuscular function in untrained men: Specific responses of high morning performers and high evening performers

Year: 2015

Version:

Please cite the original version:

Kүүsmaa, M., Sedliak, M., & Häkkinen, K. (2015). Effects of time-of-day on neuromuscular function in untrained men: Specific responses of high morning performers and high evening performers. *Chronobiology International*, 32(8), 1115-1124. <https://doi.org/10.3109/07420528.2015.1065269>

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Table 2. Absolute values for morning and evening neuromuscular performance (mean \pm SD).

Neuromuscular performance	Morning	Evening
MVC _{LP} (N) (n=71)	2692 \pm 713	2799 \pm 759 **
MVC _{KE} (N) (n=69)	746 \pm 148	772 \pm 142 **
VL EMG _{LP} (mV) (n=70)	0.57 \pm 0.26	0.56 \pm 0.25
VM EMG _{LP} (mV) (n=70)	0.66 \pm 0.33	0.66 \pm 0.37
MVC _{VA} (N) (n=66)	584 \pm 106	597 \pm 106 (*)
Voluntary activation (%) (n=62)	89 \pm 6	90 \pm 6
VL EMG _{VA} (mV) (n=70)	0.29 \pm 0.11	0.28 \pm 0.11
VM EMG _{VA} (mV) (n=70)	0.32 \pm 0.15	0.31 \pm 0.14

* sign. morning/evening difference; (*) < 0.07; ** < 0.01.