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

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

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