**FIGURE 4.** The mean ± SD motor unit (MU) mean firing rate (top graphs) and derecruitment threshold (bottom graphs) values in bins that represent 10% maximal voluntary contraction (MVC) increments for the 40% (left graphs) and 70% (right graphs) MVCs for the endurance-trained (ET) and resistance-trained (RT) participants. Few MUs were observed with recruitment thresholds <10% for the 70% MVC, and therefore the 0%–10% MVC increment was not included in the figures.

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**Fig. 2.** The plotted relationships between type IIX myosin heavy chain (MHC) isoform content and the $b$ terms from the mechanomyographic amplitude ($MMG_{amplitude}$)–force relationships for the 40% maximal voluntary contraction (MVC) linearly (A) increasing and (B) decreasing segments and the 70% MVC linearly (C) increasing and (D) decreasing segments.
Figure 7 Plotted relationships between the (a) slope and (c) y-intercept values from the difference scores $\Delta FR$ (pps) in motor unit (MU) firing rates between recruitment $FR_{REC}$ (pps) and de-recruitment $FR_{DEREC}$ (pps) ($FR_{DEREC} - FR_{REC}$) vs. $FR_{REC}$ relationships with type I % myosin heavy chain (%MHC) isoform content for all subjects (a and c) and the six subjects (b and d) with significant relationships ($P < 0.05$).