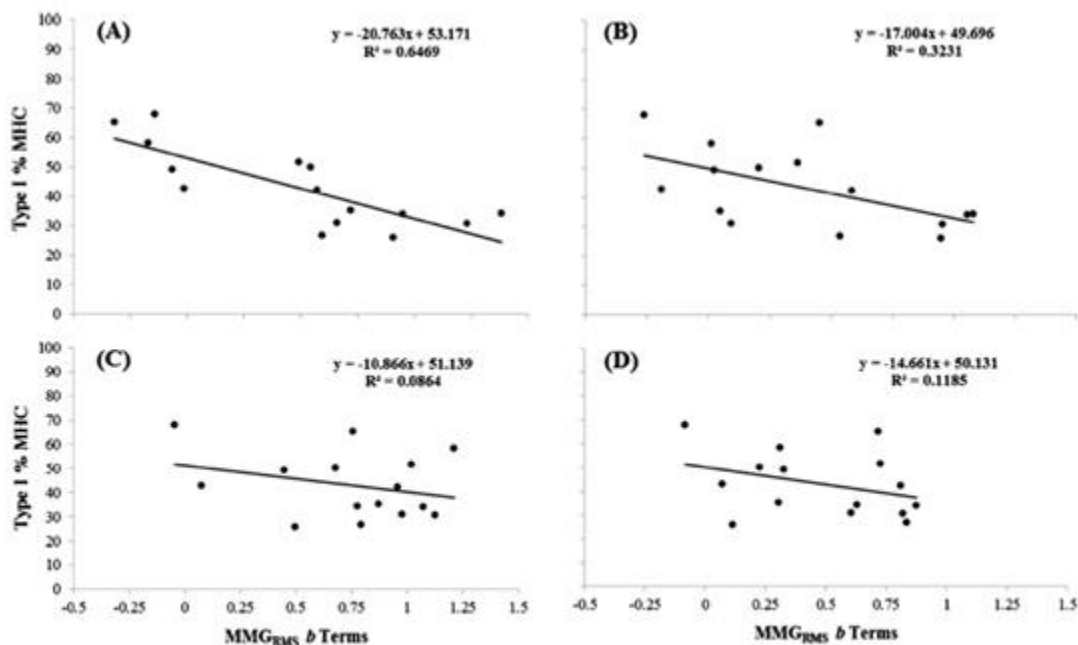
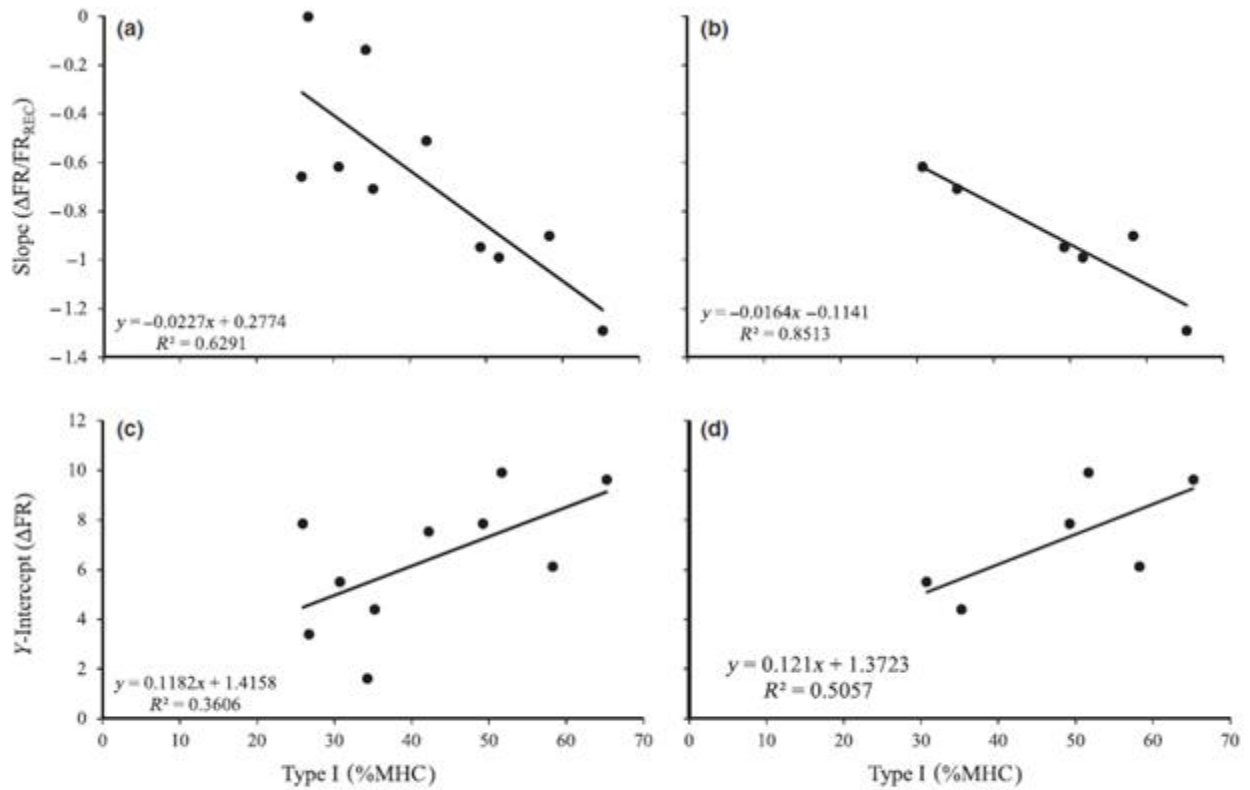


**FIGURE 4.** The mean  $\pm$  SD motor unit (MU) mean firing rate (top graphs) and derecruitment threshold (bottom graphs) values in bins that represent 10% maximal voluntary contraction (MVC) increments for the 40% (left graphs) and 70% (right graphs) MVCs for the endurance-trained (ET) and resistance-trained (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.



**Fig. 2.** The plotted relationships between type I% myosin heavy chain (MHC) isoform content and the  $b$  terms from the mechanomyographic amplitude (MMG<sub>RMS</sub>)-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 ( $P < 0.05$ ).