

Table S1. Baseline pressure pain thresholds values with intra-rater reliability using intraclass correlation coefficients, standard error of measurement and minimum detectable change at each site

Assessment site	Pressure pain threshold (kg/cm ²) \pm SD	ICC	SEM	MDC
Dominant Biceps Brachii	4.98 \pm 1.8	0.95	0.4	1.11
Non- Dominant Biceps Brachii	4.9 \pm 1.7	0.93	0.44	1.24
Dominant Lateral epicondyle	5.5 \pm 2.1	0.96	0.42	1.16
Non-Dominant Lateral epicondyle	5.6 \pm 2.1	0.93	0.55	1.54
Dominant Upper Trapezius	7.93 \pm 3	0.99	0.3	0.83
Non- Dominant Upper Trapezius	7.3 \pm 2.3	0.98	0.32	0.9
Dominant Quadriceps	10.8 \pm 4	0.99	0.4	1.1
Non-Dominant Quadriceps	11.5 \pm 4.1	0.93	1.08	3
Abbreviations: ICC, intraclass correlation coefficient; SEM, standard error of measurement; MDC, minimal detectable change; kg, kilogram; cm, centimeters; SD, standard deviation				

Table S2. Coefficients, confidence intervals, and significance statistics for within-participant mediation analyses between exercise intervention ("X"), the change in systolic blood pressure (Mediator 1) and RPE (Mediator 2). The outcome (Y) is the change in pressure pain threshold at local and distal sites of measurement.

	Coefficient	<i>p</i> value	95%CI
Dominant Biceps			
Total effect of "X" on Y	0.99	0.10	-0.20 to 0.19
Direct effect of "X" on Y	1.12	0.09	-,18 to 2.42
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	-,0013		-0.30 to 0.19
RPE (M2)	-,1241		-0.64 to 0.37
Non- Dominant Biceps			
Total effect of "X" on Y	0.6095	0.34	-0.68 to 1.9
Direct effect of "X" on Y	0.3745	0.58	-1 to 1.75
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.1345		-0.17 to 0.53
RPE (M2)	0.1045		-0.29 to 0.68
Dominant Lateral Epicondyle			
Total effect of "X" on Y	-0.14	0.78	-1.22 to 0.93
Direct effect of "X" on Y	0.0409	0.84	-1.1 to 1.18
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.0629		-0.1 to 0.43
RPE (M2)	-0.2509		-0.81 to 0.13
Non-Dominant Lateral Epicondyle			
Total effect of "X" on Y	-0.09	0.86	-1.28 to 1.08
Direct effect of "X" on Y	-0.2039	0.75	-1.49 to 1.08
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.2575		-0.21 to 0.35
RPE (M2)	0.079		-0.41 to 0.61
Dominant Upper Trapezius			

Total effect of "X" on Y	1.3355	0.055	-0.03 to 2.7
Direct effect of "X" on Y	0.4760	0.42	-0.73 to 1.68
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.1313		-0.09 to 0.63
RPE (M2)	0.7282		-0.008 to 1.61
Non-Dominant Upper Trapezius			
Total effect of "X" on Y	1.2653	0.054	-0.03 to 2.56
Direct effect of "X" on Y	0.8364	0.212	-0.5 to 2.17
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.1698		-0.16 to 0.7
RPE (M2)	0.2590		-0.14 to 0.76
Dominant Quadriceps			
Total effect of "X" on Y	1.8421	0.026	0.23 to 3.45
Direct effect of "X" on Y	1.7536	0.05	-0.005 to 3.51
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.0193		-0.56 to 0.46
RPE (M2)	0.692		-0.44 to 0.81
Non-Dominant Quadriceps			
Total effect of "X" on Y	0.1263	0.88	-1.68 to 1.93
Direct effect of "X" on Y	0.1062	0.91	-1.81 to 2.03
Indirect effect (a1*b1, a2*b2)			
Systolic Blood Pressure (M1)	0.2063		-0.4 to 0.76
RPE (M2)	-0.1863		-1.03 to 0.52
Abbreviations: RPE, rating of perceived exertion, CI, confidence interval			

Table S3. Within-group differences (pre-post) of baseline-adjusted values of pressure pain thresholds and blood pressure.

	LLRE-BFR group Mean (95%CI), Cohen's d p-value	HLRE with sham-BFR group Mean (95%CI), Cohen's d p-value
Dominant Biceps	-1.61 (-2.37 to -0.85), d=0.88 p<0.001	0.95 (-1.71 to -0.79), d=0.52 p=0.016
Non-dominant Biceps	-1.05 (-2.53 to 0.43), d=0.6 p=0.25	-0.57 (-2.05 to 0.91), d=0.33, p=0.74
Dominant LE	-0.81 (-2.89 to 1.26), d=0.38 p=0.73	-1 (-3.08 to 1.07), d=0.47 p=0.58
Non-dominant LE	-0.39 (-2.36 to 1.57), d=0.18 p=0.95	-0.49 (-2.46 to 1.48), d=0.23 p=0.98
Dominant UT	-1.17 (-3.65 to 1.31), d=0.39 p=0.6	-0.02 (-2.5 to 2.46), d=0.006 p=1
Non-dominant UT	-1.47 (-3.8 to 0.86), d=0.63 p=0.35	-0.75 (-3.08 to 1.57), d=0.32 p=0.82
Dominant Quadriceps	0.005 (-2.94 to 2.95), d=0.0001 p=1	0.38 (-2.64 to 3.41), 0.09 p=0.98
Non-dominant Quadriceps	-0.99 (-3.65 to 1.66), d=0.24 p=0.75	0.07 (-2.65 to 2.8), d=0.01 p=0.99
Systolic Blood Pressure	4.8 (-9.18 to 18.78), d=0.25 p=0.8	-4.8 (-19 to 9.28), d=0.25 p=0.51

Diastolic Blood Pressure	0.1 (-6.3 to 6.5), d=0.01 p=1	-0.38 (-6.8 to 6.1), d=0.04 p=0.92
Note: Adjustments were performed for post-hoc multiple comparisons (Bonferroni)		
Abbreviations: BFR, blood flow restriction; LLRE-BFR; low load resistance exercise with blood flow restriction; LE, lateral epicondyle; UT, upper trapezius; SD, standard deviation; CI, confidence interval		