

Table S1. Results from wellness questionnaire items, according to BFR or NoBFR condition as recovery session.

Wellness items (1 to 5 score)	BFR Mean (SD)	NoBFR Mean (SD)
Fatigue		
Match day	4.15 (0.86)	4.15 (0.87)
Post24h	2.87 (0.85)	3.07 (0.92)
Post48h	3.67 (0.76)	3.89 (0.85)
Post72h	4.20 (0.79)	4.20 (0.76)
Sleep		
Match day	4.60 (0.54)	4.56 (0.64)
Post24h	4.12 (0.82)	4.05 (1.07)
Post48h	4.35 (0.76)	4.33 (0.80)
Post72h	4.45 (0.67)	4.28 (0.82)
Muscle soreness		
Match day	3.95 (0.93)	3.87 (0.89)
Post24h	2.87 (0.93)	3.07 (1.01)
Post48h	3.50 (0.78)	3.74 (0.90)
Post72h	3.97 (0.80)	4.12 (0.86)
Stress		
Match day	4.20 (0.99)	4.15 (0.90)
Post24h	4.05 (0.98)	4.12 (0.89)
Post48h	4.25 (0.98)	4.15 (0.90)
Post72h	4.05 (1.06)	4.28 (0.82)
Mood		
Match day	4.40 (0.70)	4.30 (0.73)
Post24h	4.22 (0.79)	4.23 (0.80)
Post48h	4.27 (0.78)	4.20 (0.65)
Post72h	4.32 (0.65)	4.20 (0.95)
BFR, blood flow restriction; SD, standard deviation		