**Supplementary Materials**

**Table S1.** Regression analysis between MEP$_{test}$/Mmax ratio (independent variable) and SICI$_{Mmax}$ (dependent variable) estimated individually for each subject with TS intensity set at 120%MT (left) and 130%MT (right).

| Regression Analysis (120 % MT) | | | | | Regression Analysis (130 % MT) | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Subject** | **Slope** | **Intercept** | **R²** | **_p_ Value** | **Subject** | **Slope** | **Intercept** | **R²** | **_p_ Value** |
| S01 | −0.548 | 1.288 | 0.946 | 0.027 | S01 | −0.536 | −1.650 | 0.903 | 0.050 |
| S02 | −0.689 | −0.124 | 0.916 | 0.043 | S02 | −0.847 | 0.281 | 0.998 | 0.001 |
| S03 | −0.511 | −0.990 | 0.986 | 0.007 | S03 | −0.624 | −0.384 | 0.835 | 0.086 |
| S04 | −0.613 | −0.459 | 0.933 | 0.034 | S04 | −0.491 | −2.349 | 0.879 | 0.062 |
| S05 | −0.725 | 0.544 | 0.988 | 0.006 | S05 | −0.435 | −0.808 | 0.870 | 0.068 |
| S06 | −0.694 | 1.472 | 0.990 | 0.005 | S06 | −0.661 | −1.159 | 0.882 | 0.061 |
| S07 | −0.712 | −1.530 | 0.995 | 0.003 | S07 | −0.730 | −2.509 | 0.884 | 0.060 |
| S08 | −0.466 | −8.373 | 0.775 | 0.120 | S08 | −0.488 | −2.200 | 0.994 | 0.003 |
| S09 | −0.561 | −2.754 | 0.778 | 0.118 | S09 | −0.675 | −0.422 | 0.992 | 0.004 |
| S10 | −0.552 | −1.895 | 0.999 | 0.001 | S10 | −0.428 | −4.844 | 0.930 | 0.036 |
| S11 | −0.649 | 1.006 | 0.981 | 0.010 | S11 | −0.570 | −0.737 | 0.945 | 0.028 |
| S12 | −0.385 | −3.212 | 0.931 | 0.035 | S12 | −0.507 | −3.436 | 0.925 | 0.038 |
| S13 | −0.510 | −4.064 | 0.964 | 0.018 | S13 | −0.322 | −5.223 | 0.943 | 0.029 |
| S14 | −0.419 | −0.920 | 0.841 | 0.083 | S14 | −0.371 | −2.589 | 0.968 | 0.016 |
| S15 | −0.672 | −1.781 | 0.935 | 0.033 | S15 | −0.674 | −1.148 | 0.935 | 0.033 |
| Mean | −0.580 | −1.453 | 0.931 | | Mean | −0.557 | −1.945 | 0.925 | |
| SD | 0.109 | 2.524 | 0.075 | | SD | 0.144 | 1.607 | 0.050 | |