

Supplementary material

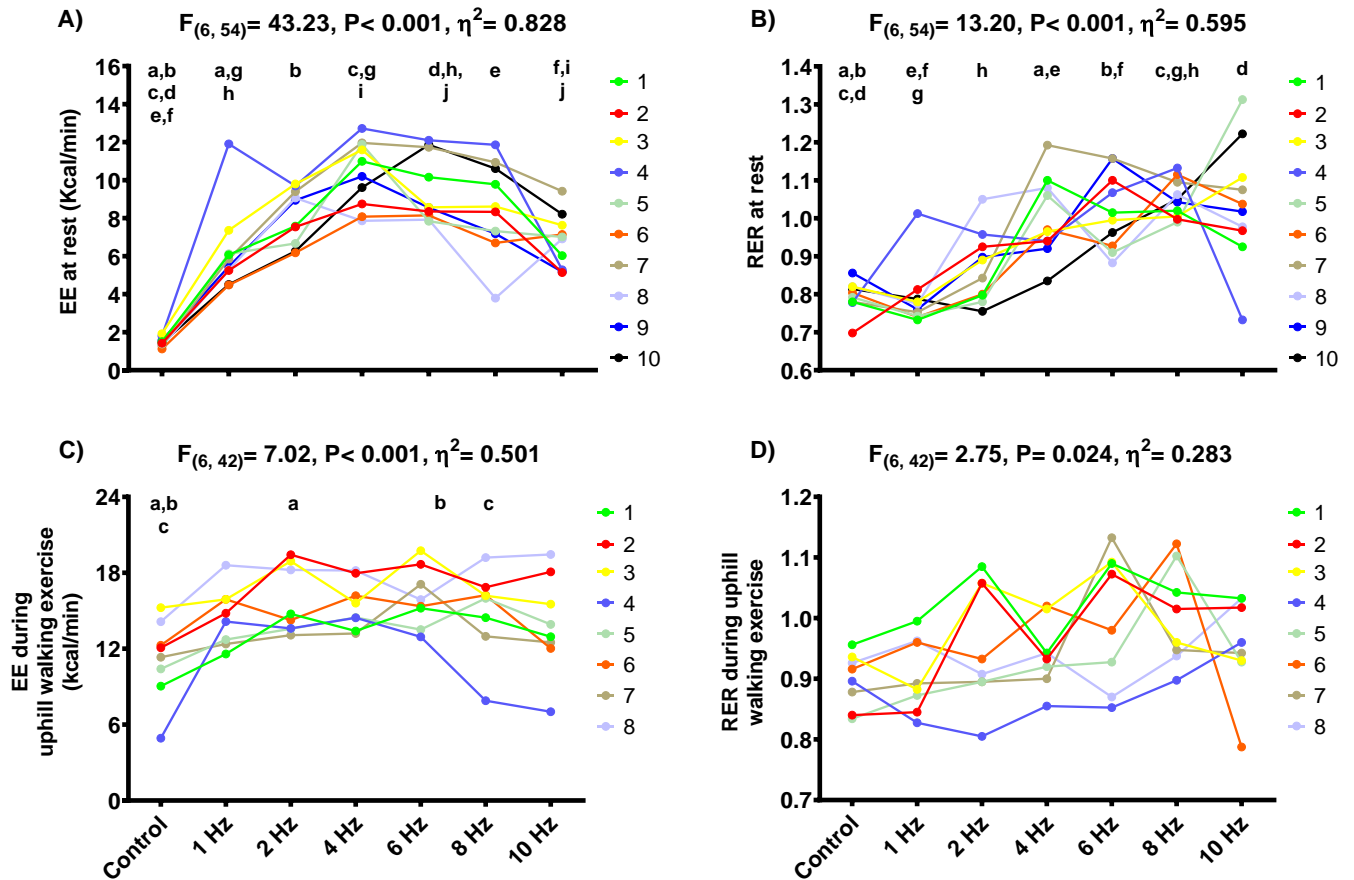


Figure S1. Individual values of energy expenditure (EE) and respiratory exchange ratio (RER) at rest (n=10) and during uphill walking (n=8) when applying different frequencies of whole-body electromyostimulation. *p*-values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Crow data are presented as mean of 4 minutes in each frequency

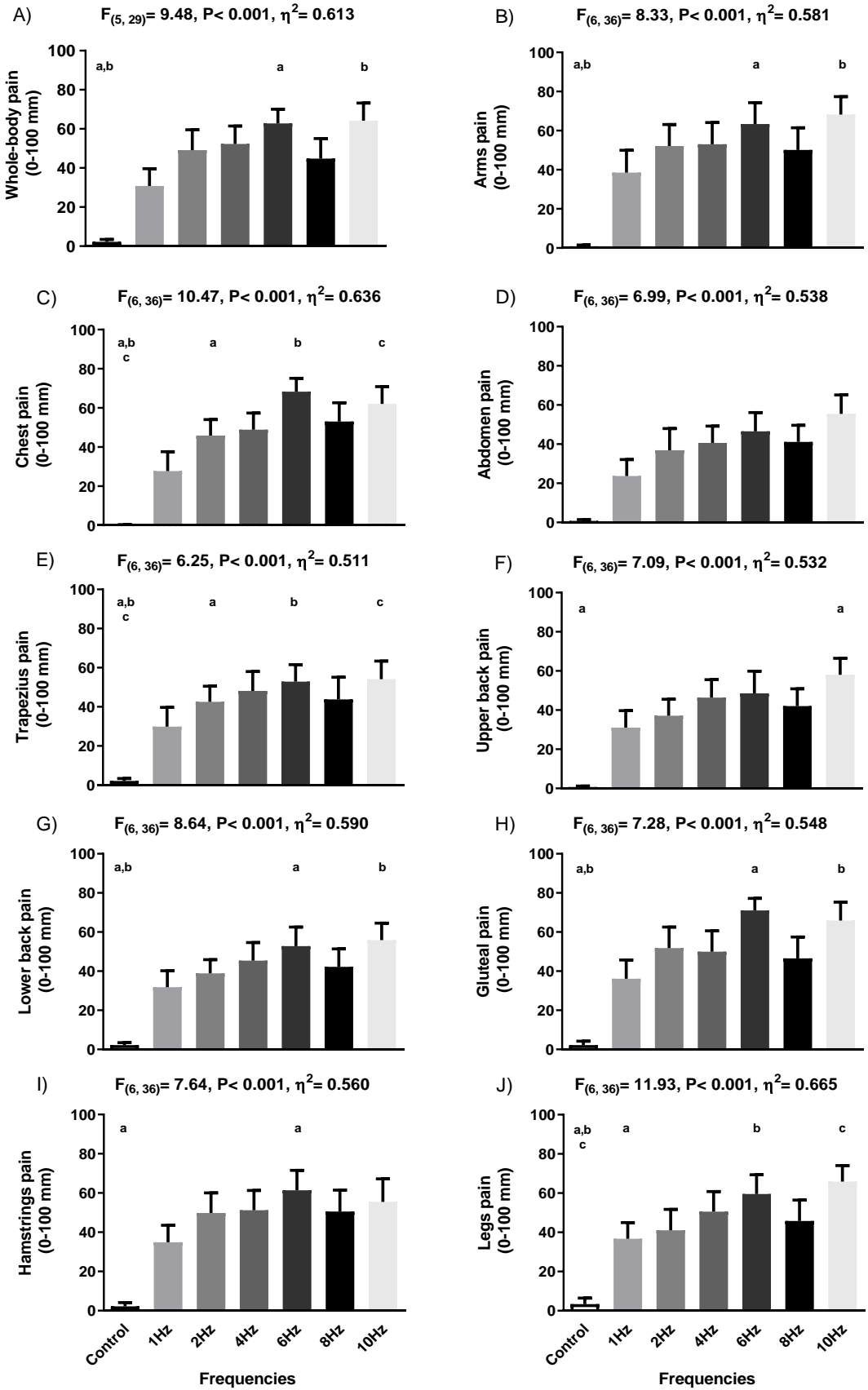
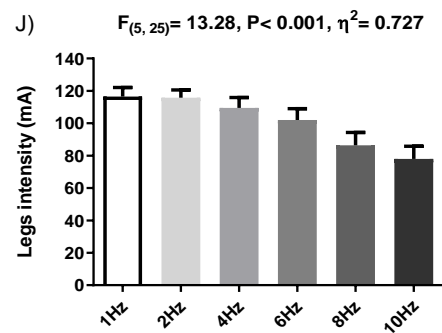
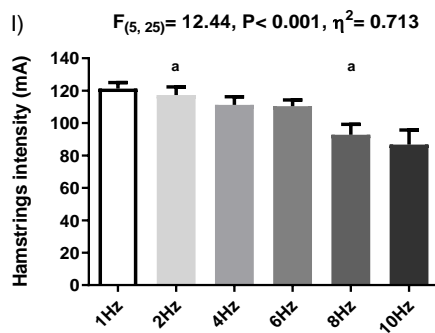
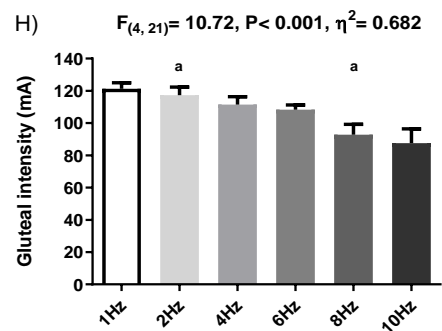
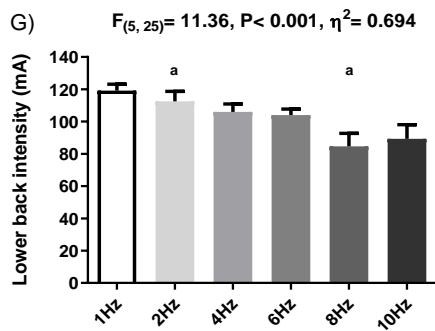
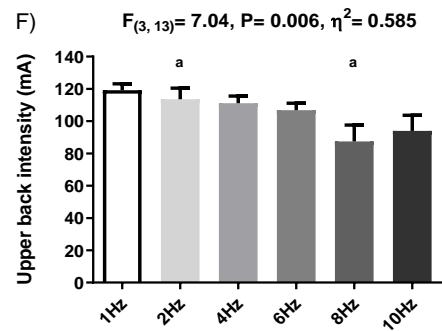
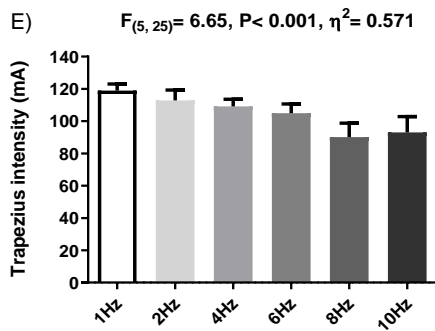
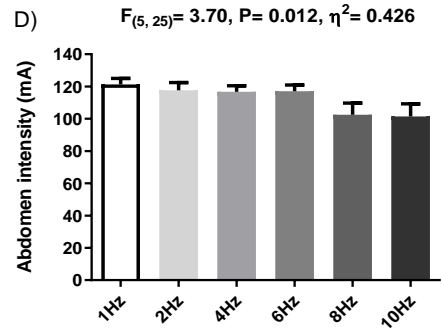
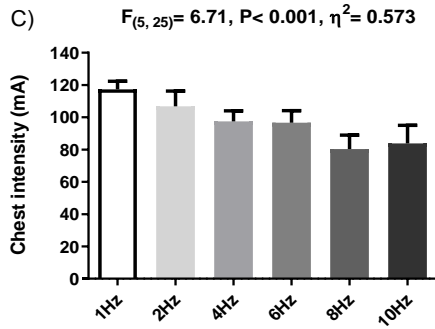
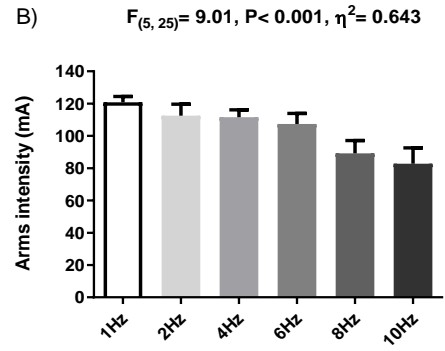
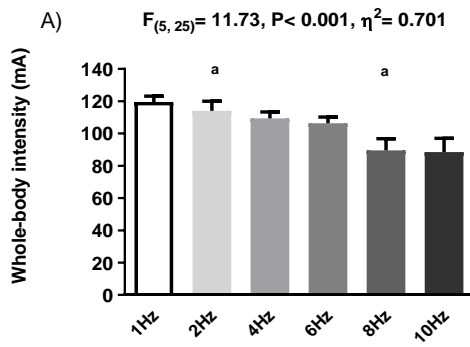


Figure S2. Pain perception in different anatomic locations after applying whole-body electromyostimulation at different frequencies at rest (n=7). Visual analogue scales (VAS) ranges from 0 to 100, being 0 "no pain", and 100 "the maximum tolerable pain". *p*-values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Data are presented as mean and standard error of the mean (SEM).



Frequencies

Frequencies

Figure S3. Impulse intensity at rest (n=6) applying whole-body electromyostimulation with different frequencies. Impulse intensity ranges from 0 mA to 125 mA, being 0 mA "no intensity", and 125 mA "all intensity possible". *p*-values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Data are presented as mean and standard error of the mean (SEM).

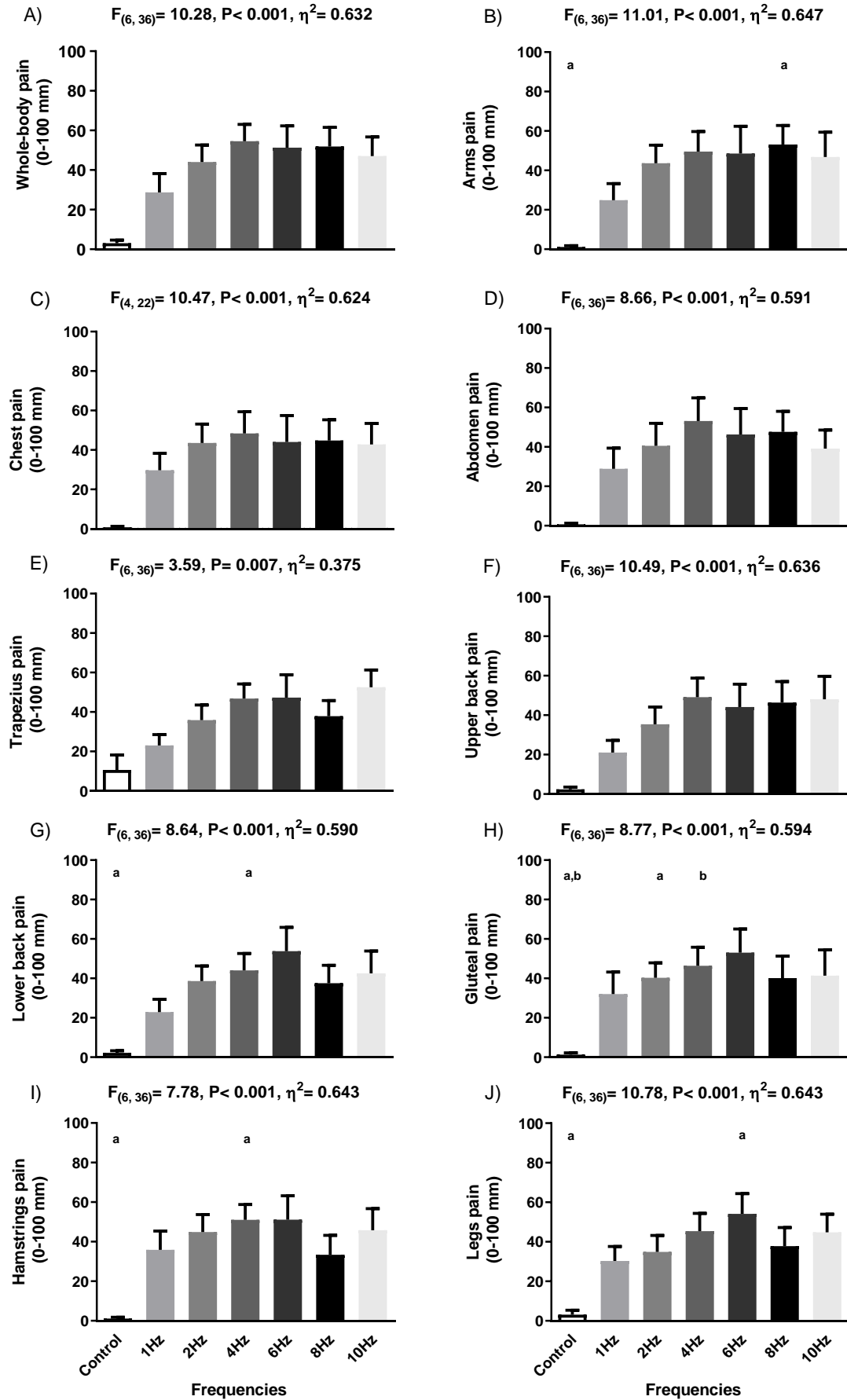
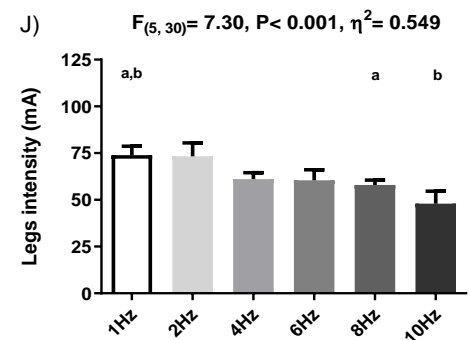
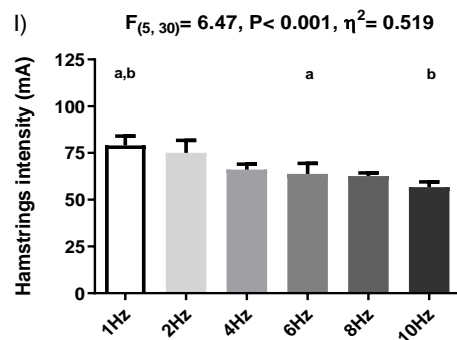
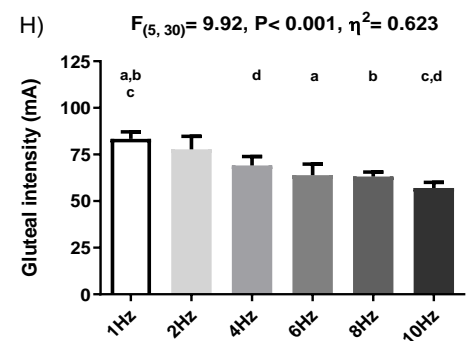
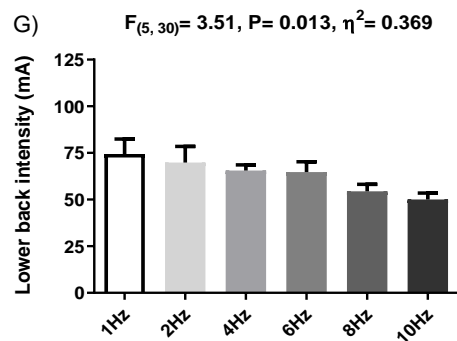
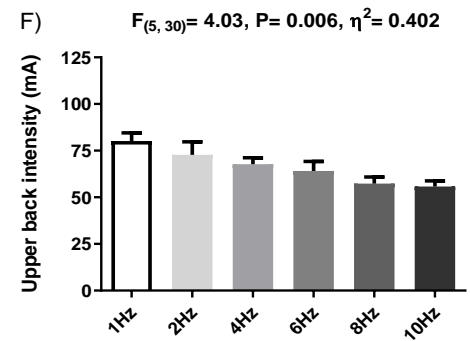
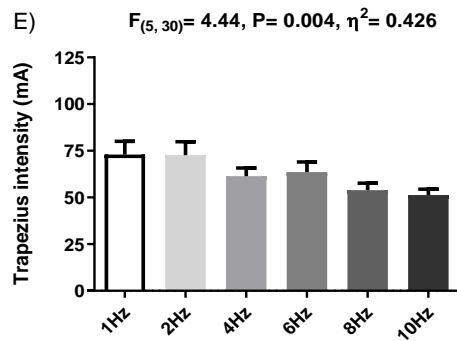
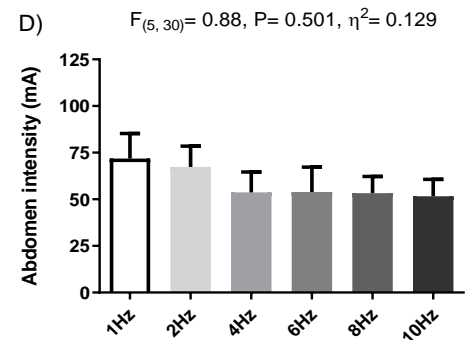
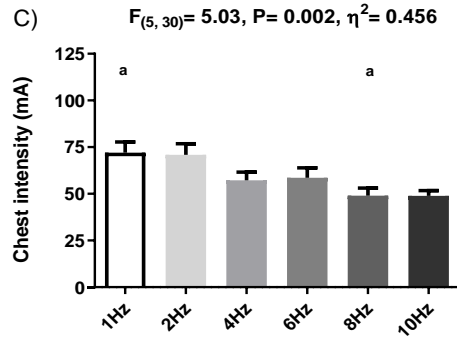
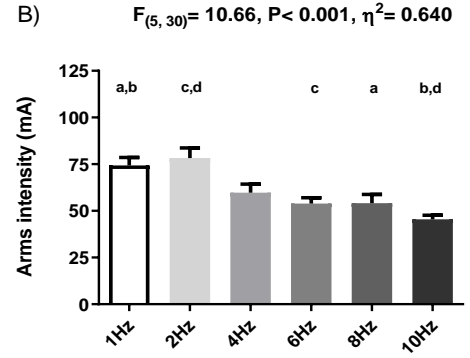
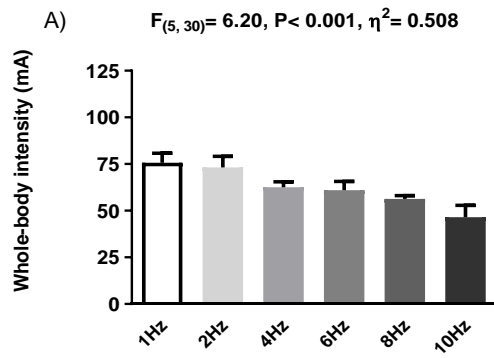


Figure S4. Pain perception in different anatomic locations after applying whole-body electromyostimulation at different frequencies during uphill walking (n=7). Visual analogue scales (VAS) ranges from 0 to 100, being 0 "no pain", and 100 "the maximum tolerable pain". *p*-values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Data are presented as mean and standard error of the mean (SEM).



Frequencies

Frequencies

Figure S5. Impulse intensity during uphill walking (n=7) applying whole-body electromyostimulation with different frequencies. Impulse intensity ranges from 0 mA to 125 mA, being 0 mA "no intensity", and 125 mA "all intensity possible". *p*-values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Data are presented as mean and standard error of the mean (SEM).

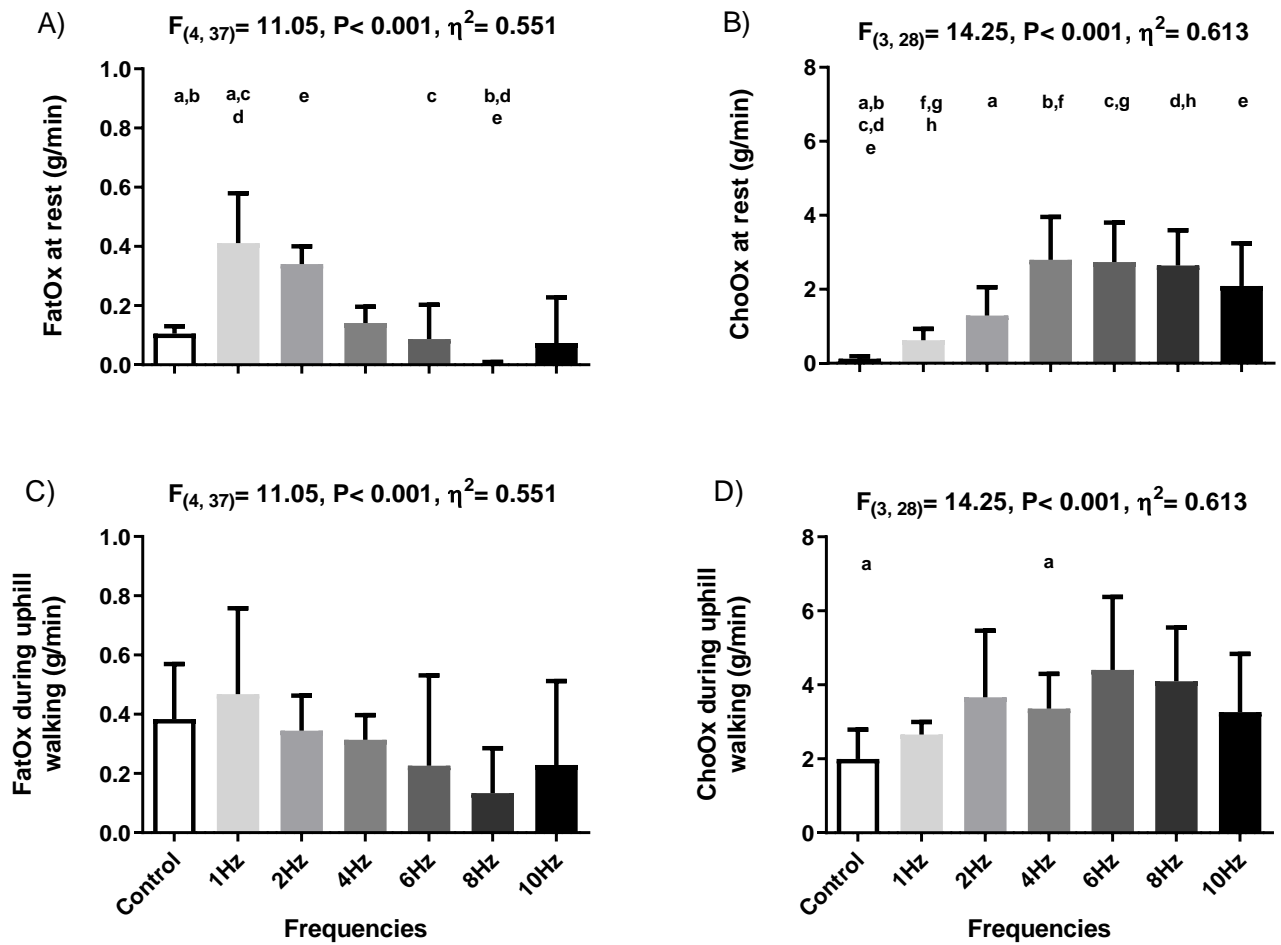


Figure S6. Fat oxidation (FatOx) and carbohydrate oxidation (ChoOx) at rest ($n=10$) and during uphill walking ($n=8$) when applying different frequencies of whole-body electromyostimulation. P -values from repeated measures analysis of variance (ANOVA). Similar letters represent differences between experimental conditions as determined by post-hoc Bonferroni analysis. Data are presented as mean and standard error of the mean (SEM).