**ACRONYMS**

GM: Gastrocnemius medialis

Sol: Soleus

MTU: Muscle-tendon unit

ROM: Range of motion

arb: Relative arbitrary unit

*n*: Number

**EQUIPMENT (SOFTWARE) AND MEASURES**

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| **Equipment (Software)** | **Measure** |
| Dynamometry (Biodex System 3 Pro, IPRS, Suffolk, UK) | Isometric and eccentric torques |
| MTU Stiffness |
| Potential elastic energy storage |
| Stretch tolerance |
| Range of Motion |
| Ultrasound (Vivid I, General Electric, Bedford, UK) | GM & Sol thickness |
| Fascicle angle |
| Fascicle length |
| Myotonometry (MyotonPRO, Myoton AS, Tallinn, Estonia) | Achilles elasticity, tone, stiffness |
| GM elasticity, tone, stiffness |
| Sol elasticity, tone, stiffness |
| High-level transducer (HLT100C, Biopac, CA, USA) | Dynamometry data |
| Analog-to-digital conversion (MP150 Data Acquisition, Biopac, CA, USA) | Dynamometry data |
| Elitebook (HP Inc., CA, USA) | Dynamometry data |
| AcqKnowledge software (v.5.0, Biopac, CA, USA) | Dynamometry data |