**Additional file 2: The Endurance Shuttle Tests: materials and procedures**

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|  | **ESWT** | **ESBBT** | **ESNHPT** |
|  |  |  |  |
| **Test Material** | * Straight corridor
* 10 meter walking course
* 4 cones
* Metronome
 | * Box and Block Test
* 200 blocks
* Adjustable table
* Metronome
 | * Nine Hole Peg Test
* Adjustable table
* Metronome
 |
| **Maximal performance estimation**  | * Walk as fast as possible and turn at the line between the cones before the beep
* 5-10 trials, 30 seconds breaks
* Fastest time out of three attempts < 10% difference
 | * Transfer 10 blocks over the partition as fast as possible before the beep
* 5-10 trials, 30 seconds breaks
* Fastest time out of three attempts < 10% difference
 | * Place and return the nine pegs as fast as possible before the beep
* 5-10 trials, 30 seconds breaks
* Fastest time out of three attempts < 10% difference
 |
| **Intensity level**  | * 75% individual intensity (s) = maximal time(s)/0.75 and then converted into the matching metronome number
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 |
| **Maximal duration** | * 20 minutes
 | * 20 minutes
 | * 20 minutes
 |
| **Instruction Assessor**  | * Cover each time 10 meters before the beep
* Continue as long as possible within safety margins
* Try to speed up in case of one failure
 | * Transport each time 10 blocks before the beep
* Continue as long as possible
* Try to speed up in case of one failure
 | * Place and return 9 pegs each time before the beep
* Continue as long as possible
* Try to speed up in case of one failure
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