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

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|  | **ESWT** | **ESBBT** | **ESNHPT** |
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| **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 | * 75% individual intensity (s) = maximal time(s)/0.75 and then converted into the matching metronome number | * 75% individual intensity (s) = maximal time(s)/0.75 and then converted into the matching metronome number |
| **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 |