Basic characteristics	All (n=18)			DYS group (n=9)			CYC group (n=9)			p value
Age (years)	20.3	±	1.1	19.9	±	1.1	20.7	±	1.0	0.136
Height (cm)	163.0	±	6.2	164.3	±	7.7	161.7	±	4.4	0.297
Body weight (kg)	58.5	±	9.0	58.6	±	7.8	58.3	±	10.5	0.730
Age of menarche (years)	13.6	±	1.2	13.7	±	1.3	13.4	±	1.1	0.796
1-RM (kg)	79.7	±	9.9	76.7	±	10.2	82.8	±	9.1	0.267
Menstrual cycle (days)				79.6	±	13.3 *	31.0	±	1.9	<0.01

Data shown as means±SDs, *p <0.05 between DYS group and CYC group.

Table S2. Hormone and tendon stiffness data for each week and group in Exercise condition.

	Week 1	Week 2	Week 3
CYC Group			
Hormone Level			
Estrogen (pg/mL)	62.2 ± 42.4 [b]	215.4 ± 145.5 [a]	136.4 ± 69.7
Progesterone (pg/L	1.3 ± 0.5[c]	2.8 ± 2.7	9.0 ± 5.7 [a]
Tendon Stiffness (kPa)			
Pre	24.6 ± 17.3	30.3 ± 10.0	21.9 ± 11.8
Post	27.7 ± 14.4	33.1 ± 15.2	29.4 ± 14.7
Post 24H	36.1 ± 17.6	36.3 ± 16.5	35.3 ± 13.3

	Week 1	Week 2	Week 3
DYS Group			
Hormone Level			
Estrogen (pg/mL)	35.5 ± 15.2	44.6 ± 21.3	36.4 ± 12.0
Progesterone (pg/mL)	1.1 ± 0.2	1.3 ± 0.7	1.2 ± 0.3
Tendon Stiffness (kPa)			
Pre	24.9 ± 11.6	27.7 ± 9.3	26.6 ± 5.7
Post	24.6 ± 13.0	40.2 ± 18.6	30.7 ± 9.8
Post 24H	48.3 ± 18.9 *	48.9 ± 25.0 *	44.2 ± 13.3 *

Data shown as means±SDs. $p < 0.05$ in each hormone level in Week 1 are shown as a, in Week are shown as b, and in Week 3 are shown as **c** in exercise condition. $p < 0.05$ vs. Pre is shown as * in tendon stiffness.