| **Mediator** | **Path C (Total effect)** Condition → PPT,  | **Path A**Condition → Mediator | **Path B**Mediator → PPT | **Path A\*B (Indirect effect)** | **Path C’ (Direct effect)**Condition → PPT | **Mediation** |
| --- | --- | --- | --- | --- | --- | --- |
| **Right leg PPT****βEP** LI-AE (Constant)vs BFR40vs BFR80vs HIAE**2AG**LI-AE (Constant)vs BFR40vs BFR80vs HIAE**Discomfort**LI-AE (Constant)vs BFR40vs BFR80vs HIAE**Left leg PPT****βEP** LI-AE (Constant)vs BFR40vs BFR80vs HIAE**2AG**LI-AE (Constant)vs BFR40vs BFR80vs HIAE**Discomfort**LI-AE (Constant)vs BFR40vs BFR80vs HIAE**Bicep PPT****βEP** LI-AE (Constant)vs BFR40vs BFR80vs HIAE**2AG**LI-AE (Constant)vs BFR40vs BFR80vs HIAE**Trapezius PPT****βEP** LI-AE (Constant)vs BFR40vs BFR80vs HIAE**2AG**LI-AE (Constant)vs BFR40vs BFR80vs HIAE | Coefficient (95% CI)2.19 (0.99, 3.38)\*3.19 (2.00, 4.39)\*1.35 (0.16, 2.55)\*2.19 (-0.71, 0.98)3.20 (2.00, 4.40)\*1.36 (0.16, 2.55)\*2.18 (0.99, 3.38)\*3.20 (2.00, 4.39)\*1.36 (0.16, 2.55)\*2.04 (1.05, 3.03)\*2.82 (1.83, 3.81)\*1.76 (0.76, 2.75)\*2.04 (1.05, 3.03)\*2.82 (1.83, 3.81)\*1.76 (0.76, 2.75)\*2.04 (1.05, 3.03)\*2.82 (1.83, 3.81)\*1.76 (0.76, 2.75)\*-0.70 (-15.45, 14.05)-0.39 (-15.14, 14.36)-0.64 (-15.39, 14.11)-0.70 (-15.45, 14.05)-0.39 (-15.14, 14.36)-0.64 (-15.39, 14.11)0.62 (0.35, 0.89)\*0.95 (0.68, 1.22)\*0.74 (0.47, 1.02)\*0.62 (0.35, 0.89)\*0.95 (0.68, 1.22)\*0.74 (0.47, 1.02)\* | Coefficient (95% CI)77.61 (15.25,139.98)\*171.44 (109.08,233.81)\*52.19 (-10.17, 114.56)4.16 (2.30, 6.01)\*3.64 (1.79, 5.50)\*9.39 (7.54, 11,35)\*0.28 (-0.89, 1.44)1.66 (0.49, 2.83)\*1.40 (0.24, 2.58)\*77.62 (15.25, 139.98)\*171.44 (109.08, 233.81)\*52.19 (-10.17, 114.56)4.16 (2.30, 6.01)\*3.64 (1.79, 5.50)\*9.39 (7.54, 11.25)\*0.65 (-0.36, 1.66)1.87 (0.85, 2.88)\*1.18 (0.16, 2.19)\*79.51 (18.91, 140.11)\*173.33 (112.74, 233.93)\*54.08 (-6.52, 114.68)4.16 (2.30, 6.02)\*3.64 (1.79, 5.50)\*9.39 (7.54, 11.25)\*77.62 (15.25, 139.98)\*171.44 (109.08, 233.81)\*52.19 (-10.17, 144.56)4.16 (2.30, 6.02)\*3.64 (1.79, 5.50)\*9.39 (7.54, 11.25)\* | Coefficient (95% CI)0.00 (-0.00, 0.01)-0.01 (-0.21, 0.18)0.09 (-0.22, 0.41)0.00 (-0.00, 0.01)-0.07 (-0.24, 0.09)-0.02 (-0.32, 0.28)0.00 (-0.07, 0.08)-0.06 (-2.50, 2.39)0.00 (-0.00 to 0.00)-0.00 (-0.05, 0.04) | Coefficient (95% CI)0.37 (-0.55,1.27)0.82 (-1.18, 2.84)0.25 (-0.44,0.88)-0.06 (-0.94, 0.89)-0.05 (-0.83, 0.80-0.13 (-2.02, 2.04)0.03 (-0.20, 0.22)0.15 (-0.53, 0.54)0.13 (-0.28, 0.66)0.24 (-0.48, 1.08)0.52 (-1.05, 2.09)0.16 (-0.37, 0.73)-0.31 (-1.11, 0.47)-0.27 (-1.00, 0.42)-0.70 (-2.32, 1.18)-0.02 (-0.42, 0.29)-0.04 (-1.02, 0.58)-0.03 (-0.52, 0.50)0.13 (-0.11, 0.35)0.28 (-0.26, 0.70)0.09 (-0.08, 0.24)-0.24 (-4.63, 3.83)-0.21 (-3.89, 3.21)-0.54 (-10.85, 8.22)0.08 (-0.06, 0.25)0.18 (-0.15, 0.44)0.05 (-0.05, 0.15)-0.02 (-0.21, 0.20)-0.01 (-0.20, 0.16)-0.04 (-0.52, 0.41) | Coefficient (95% CI)1.18 (0.56, 3.07)\*2.38 (0.85, 3.91)\*1.11 (-0.00, 0.01)2.24 (0.78, 3.71)\*3.25 (1.84, 4.65)\*1.49 (-0.73, 3.71)2.16 (0.95, 3.37)\*3.04 (1.73, 4.36)\*1.30 (-0.06, 2.51)1.80 (0.75, 2.85)\*2.30 (1.02, 3.58)\*1.60 (0.58, 2.61)\*2.35 (1.14, 3.55)\*3.09 (1.94, 4.25)\*2.45 (0.63, 4.27)\*2.05 (1.03, 3.07)\*2.87 (1.72, 4.02)\*1.78 (0.72, 2.85)\*-0.83 (-16.90, 15.25)-0.67 (-20.45, 19.11)-0.73 (-16.20, 14.75)-0.46 (-18.52, 17.61)-0.18 (-17.56, 17.21)-0.10 (-2.50, 2.39)0.54 (0.25, 0.83)\*0.78 (0.43, 1.13)\*0.69 (0.41, 0.97)\*0.64 (0.30, 0.97)\*0.97 (0.64, 1.29)\*0.78 (0.27, 1.29)\* | NoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNoNo |

\* = significant regression path coefficient; PPT, pressure pain threshold; β-EP, beta-endorphin; 2AG, 2-arachidonoylglycerol; LI-AE, low intensity aerobic exercise; BFR40, BFR-AE at 40% LOP; BFR80, BFR-AE at 80% LOP; HI-AE, high intensity aerobic exercise; CI, confidence intervals.