| **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 BFR40  vs BFR80  vs HIAE  **2AG**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **Discomfort**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **Left leg PPT**  **βEP**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **2AG**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **Discomfort**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **Bicep PPT**  **βEP**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **2AG**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **Trapezius PPT**  **βEP**  LI-AE (Constant)  vs BFR40  vs BFR80  vs HIAE  **2AG**  LI-AE (Constant)  vs BFR40  vs BFR80  vs 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)\* | No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No  No |

\* = 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.