Figure 5. Changes in electromyography amplitude (RMS) for 8 muscles during and after high-intensity intermittent efforts, with (COD) or without (i.e., straight-line, SL) changes of direction. *: possible within-condition difference vs. 1st set; †: possible difference vs. SL; ††: likely different. AL: adductor longus; VL: vastus lateralis; VM: vastus medialis; ST: musculus semitendinosus; BF: biceps femoris; MG: gastrocnemius medialis; LG: gastrocnemius lateralis; GM: glutaeus medius. SL: straight-line; COD: change of direction; n = 11.