

Table for *Lefferts, W.* Resistance Exercise, Carotid Artery Stiffness, and Cerebral Blood Flow Pulsatility.

Table 1. Vascular and hemodynamic response to acute resistance exercise (mean \pm SE)

Measure	Condition	Baseline	10-min Post	20-min Post	30-min Post	Interaction
CCA PP, mmHg	Control	42 \pm 2	40 \pm 2	40 \pm 2	40 \pm 2	< 0.001
	RE	43 \pm 2	58 \pm 4 ^{a,b}	53 \pm 3 ^{a,b}	54 \pm 3 ^{a,b}	
CCA PI, [-]	Control	2.1 \pm 0.1	2.1 \pm 0.1	2.1 \pm 0.1	2.1 \pm 0.1	0.094
	RE	2.0 \pm 0.1	2.2 \pm 0.1	2.0 \pm 0.1	2.0 \pm 0.1	
MCA PI, [-]	Control	0.9 \pm 0.1	0.9 \pm 0.1	0.9 \pm 0.1	0.8 \pm 0.1	0.325
	RE	0.9 \pm 0.1	0.9 \pm 0.1	0.8 \pm 0.1	0.8 \pm 0.1	
CCA β , [-]	Control	3.9 \pm 0.4	3.6 \pm 0.3	3.8 \pm 0.2	3.5 \pm 0.2	0.025
	RE	3.9 \pm 0.4	5.3 \pm 0.4 ^{a,b}	4.8 \pm 0.4 ^{a,b}	5.0 \pm 0.3 ^{a,b}	
CCA W_1 , mmHg·m·sec ⁻³	Control	9.4 \pm 0.8	10.6 \pm 1.3	9.7 \pm 1.2	9.1 \pm 0.8	0.015
	RE	9.3 \pm 1.0	16.6 \pm 2.0 ^{a,b}	13.5 \pm 1.5 ^{a,b}	11.7 \pm 1.3 ^a	
CCA lnNA, mmHg·m·sec ⁻²	Control	3.3 \pm 0.5	3.6 \pm 0.3	3.5 \pm 0.2	3.3 \pm 0.3	0.160
	RE	3.9 \pm 0.4	4.9 \pm 0.5	4.2 \pm 0.4	3.2 \pm 0.5	

^a Significantly different from within condition/RE baseline ($p < 0.05$)

^b Significantly different from Control at the same time point ($p < 0.05$)

RE, resistance exercise; CCA, common carotid artery; MCA, middle cerebral artery; PP, pulse pressure; PI, pulsatility index; NA, negative area