**Abbreviations**

* RPE: Rate of perceived exertion
* 1REP: First repetition
* LASTREP: Last repetition
* PRESS: Seated shoulder press
* ELASTOMERIC: Sports garment with elastomeric technology
* PLACEBO: Placebo garment
* MPV: Mean propulsive velocity
* SBP: Systolic blood pressure
* DBP: Diastolic blood pressure
* HR: Heart rate
* RMS Root mean square
* RECTUSABD: Rectus abdominis