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| Abbreviation | Definition |
| CR | Circadian rhythm |
| VisM1 | Visual Memory pre-measurement |
| VisM2 | Visual Memory post-measurement |
| VisRT | Visual Reaction Time |
| VisRT1 | Visual Reaction Time pre-measurement |
| VisRT2 | Visual Reaction Time post-measurement |
| Borg | Borg scale, subjective rating of perceived exertion |
| PT | Peak Torque of Isokinetic Dynamometry, Power production outcome |
| PTFI | Peak Torque Fatigue Index of Isokinetic Dynamometry, |
| Dyna | Handgrip Dynamometry outcome |
| DynaFdh | Handgrip Dynamometry Fatigue Index of dominant hand |
| TofD | Time of the day |
| RFD | Rate of Force Development for Handgrip Dynamometry |
| RPE | Rate of perceived exertion |
| HR rest | Heart rate in rest state |
| HR max | Maximum heart rate |
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| **Figure 2**. Description of the examined parameters abbreviations used | |