

## *Supplementary material*

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*Cebrowska K, Minczykowski A, Krauze T, et al. Arterial stiffness increases in response to an acute arterial load challenge induced by an isometric handgrip in healthy individuals. Kardiologia Pol. 2022.*

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<b>Parameter</b>	<b>Mean (SD) resting</b>	<b>Mean (SD) IHG</b>	<b>P-value</b>
SBP, mm Hg	120.59 (6.28)	134.18 (11.41)	<0.0001
DBP, mm Hg	72.05 (5.79)	83.50 (9.53)	<0.0001
BPmean, mm Hg	77.44 (5.52)	100.39 (9.66)	<0.0001
PP, mm Hg	48.55 (6.16)	50.68 (6.95)	0.03
HR, bpm	64.50 (8.94)	77.09 (12.22)	<0.0001
SI <sub>DVP</sub> , m/s	6.71 (1.36)	8.16 (2.45)	0.0002

*Table S1.* Summary of values of blood pressure, heart rate, and arterial stiffness measured at rest and peak of the IHG

Data are presented as the mean (standard deviation [SD])

Abbreviations: BPmean, mean blood pressure; DBP, diastolic blood pressure; PP, pulse pressure; HR, heart rate; SBP, systolic blood pressure; SI<sub>DVP</sub>, Arterial Stiffness Index by the digital volume pulse analysis