**Table 2.** Measures of reliability for mHSP70 (MFI A.U) for 5 repeated resting measurements (n = 5), prior to and after each HST (n = 6).

|  |  |  |  |
| --- | --- | --- | --- |
| **Comparison** | **ICC** | **TEM** | **CV** |
| **Rest** |  |  |  |
| **Day 1: Day 2** | 0.99 (0.95 – 0.99) | 0.18 | 4.31 |
| **Day 1: Day 3** | 0.98 (0.87 – 0.99) | 0.28 | 3.58 |
| **Day 1: Day 4** | 0.98 (0.82 – 0.99) | 0.31 | 4.70 |
| **Day 2: Day 3** | 0.98 (0.83 – 0.99) | 0.30 | 5.25 |
| **Day 3: Day 4** | 0.99 (0.97 – 0.99) | 0.08 | 2.53 |
| **HST Rest** |  |  |  |
| **HST1 : HST2** | 0.98 (0.88 – 0.99) | 0.24 | 5.59 |
| **HST2 : HST3** | 0.98 (0.82 – 0.99) | 0.21 | 5.25 |
| **HST After exercise** |  |  |  |
| **HST1 : HST2** | 0.89 (0.09 – 0.99) | 0.63 | 10.3 |
| **HST2 : HST3** | 0.87 (0.07 – 0.98) | 0.62 | 10.0 |