

## Supplementary file S4

Summary of heart rate reserve (%HRR) for two subcycles: *pruning* and *removal* of young Douglas fir. Within the *conventional* system, a handsaw (*pruning*) and a chainsaw (*removal*) were used, whereas an electric pruning shears and the ‘Spacer’ were used in the *new* system. Presented are the number of observations (n), mean values, standard deviation (SD) and extreme values (min., max.) for each subcycle, element (Table 5) and system.

Subcycle	work element	system	n	mean	SD	min.	max.
<i>pruning</i>	<i>search</i>	<i>conventional</i>	189	41.1	14.6	21.1	73.7
		<i>new</i>	183	36.3	11.2	13.5	68.5
	<i>cutting</i>	<i>conventional</i>	191	41.0	17.4	19.0	80.5
		<i>new</i>	198	31.3	11.3	12.5	70.6
	<i>marking</i>	<i>conventional</i>	189	33.3	13.4	13.5	70.5
		<i>new</i>	150	35.1	12.2	16.9	67.8
<i>removal</i>	<i>search</i>	<i>conventional</i>	158	47.3	16.7	21.1	83.3
		<i>new</i>	152	43.3	17.4	19.7	80.2
	<i>saw work</i>	<i>conventional</i>	161	53.2	16.8	22.7	86.5
		<i>new</i>	159	45.4	17.7	10.7	81.2