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| SDC Table 2. Results for separate tests of QuadECC (Nm\*kg-1) and HamECC (Nm\*kg-1) as a mediator of the relationship between LELM (% body mass) and energy absorption (J\*N-1\*m-1) in females and males.  |
|  | **QUADECC** | **HAMECC** |
| **FEMALES** | **ab** | **SE** | **95% CI** | **ab** | **SE** | **95% CI** |
| **Hip Energy Absorption** | 0.007 | 0.052 | -0.107 | 0.109 | 0.208 | 0.085 | 0.076 | 0.405\* |
| **Knee Energy Absorption** | 0.118 | 0.091 | -0.036 | 0.330 | -0.047 | 0.127 | -0.326 | 0.177 |
| **Ankle Energy Absorption** | 0.051 | 0.055 | -0.029 | 0.187 | -0.052 | 0.054 | -0.169 | 0.047 |
| **MALES** | **ab** | **SE** | **95% CI** | **ab** | **SE** | **95% CI** |
| **Hip Energy Absorption** | 0.018 | 0.058 | -0.086 | 0.153 | 0.012 | 0.037 | -0.052 | 0.103 |
| **Knee Energy Absorption** | 0.084 | 0.097 | -0.065 | 0.323 | 0.003 | 0.051 | -0.104 | 0.120 |
| **Ankle Energy Absorption** | -0.023 | 0.040 | -0.118 | 0.044 | -0.003 | 0.021 | -0.052 | 0.036 |
| \* Indicates significance of the indirect path (ab) between LELM and EA. |