**Supplementary Digital Content Table 1.** Reliability of measurement for all reported variables measured during the squat jump. Data for trials 1 and 2 are reported as mean values ± SD.

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| --- | --- | --- | --- | --- |
| **Measure** | **Trial 1** | **Trial 2** | **TE** | **TE as CV** |
| Peak power (W) | 3293 ± 467 | 3295 ± 476 | 58 | 1.8 % |
| Average peak power (W) | 3177 ± 451 | 3164 ± 464 W | 72 | 2.3 % |
| Peak force (N) | 2149.3 ± 219.9 | 2158.3 ± 191.3 | 52.7 | 2.6 % |
| Peak velocity (m·s-1) | 1.81 ± 0.14 | 1.80 ± 0.14 | 0.02 | 1.2 % |
| Maximal RFD (N·s-1) | 3651.1 ± 917.8 | 3701.1 ± 889.9 | 515.1 | 17.2 % |
| TE, typical error; CV, coefficient of variation. |