**Appendix 3**. Exercise selection for subjects completing two four-week accentuated eccentric loading (AEL) and traditional resistance training (TRT) strength and power programs.

|  |  |  |
| --- | --- | --- |
|  | **AEL**(Intervention) | **TRT**(Control) |
| **Phase 1 – Slow**  |  |  |
|  |  |  |
| Sessions 1 & 3 (Strength) | AEL Smith Machine Back Squat | Back Squat |
| Assistance Lower Body | Assistance Lower Body |
|  | Assistance Upper Body | Assistance Upper Body |
|  |  |  |
| Session 2 (Power) | AEL Broad Jump (30% BM) | Broad Jump |
| Partner AEL Kettlebell Swing | Kettlebell Swing |
|  | Assistance Full Body Power | Assistance Full Body Power |
| **Phase 2 - Fast** |
|  |  |  |
| Sessions 1 & 3 (Strength) | AEL Smith Machine Back Squat | Back Squat |
| Assistance Lower Body | Assistance Lower Body |
|  | Assistance Upper Body | Assistance Upper Body |
|  |  |  |
| Session 2 (Power) | 50cm AEL Drop Jump (20% BM) | 50cm Drop Jump |
| Partner AEL Banded Kettlebell Swing | Banded Kettlebell Swing |
|  | Assistance Full Body Power | Assistance Full Body Power |

**Abbreviations:** BM: body mass;cm: centimeters.