**Supplementary Digital Content Table 2.** Summary of magnitude-based inference (MBI) data for all within-condition comparisons.

| **Measure** | **Group** | **Comparison** | **Mean difference** | | **Standardised effect size (ES)** | | **Effect magnitude** | **Qualitative likelihood of true effect magnitude being substantial** | ***P* value** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **% difference** | **±90% CL** | **ES (*d*)** | **±90% CL** |
| **Peak power** | Entire cohort | CST-CTL (set 1) | 2.8 | 2.0 | 0.13 | 0.09 | trivial | unlikely | 0.079 |
|  |  | CST-CTL (set 2) | 0.3 | 1.7 | 0.01 | 0.08 | trivial | most unlikely | 0.781 |
|  |  |  |  |  |  |  |  |  |  |
|  | LPSR | CST-CTL (set 1) | 8.0 | 3.9 | 0.44 | 0.21 | small | very likely | 0.004 |
|  |  | CST-CTL (set 2) | 2.3 | 3.1 | 0.13 | 0.17 | trivial | unlikely | 0.240 |
|  |  |  |  |  |  |  |  |  |  |
|  | HPSR | CST-CTL (set 1) | -2.1 | 1.3 | -0.14 | 0.09 | trivial | unlikely | 0.010 |
|  |  | CST-CTL (set 2) | -1.6 | 2.0 | -0.11 | 0.14 | trivial | unlikely | 0.166 |
|  |  |  |  |  |  |  |  |  |  |
| **Average peak power** | Entire cohort | CST-CTL (set 1) | 1.9 | 1.9 | 0.09 | 0.09 | trivial | very unlikely | 0.158 |
|  |  | CST-CTL (set 2) | 0.6 | 1.5 | 0.03 | 0.07 | trivial | most unlikely | 0.530 |
|  |  |  |  |  |  |  |  |  |  |
|  | LPSR | CST-CTL (set 1) | 5.6 | 3.5 | 0.36 | 0.22 | small | likely | 0.016 |
|  |  | CST-CTL (set 2) | 2.7 | 3.0 | 0.17 | 0.19 | trivial | possibly | 0.124 |
|  |  |  |  |  |  |  |  |  |  |
|  | HPSR | CST-CTL (set 1) | -1.7 | 1.8 | -0.11 | 0.13 | trivial | unlikely | 0.117 |
|  |  | CST-CTL (set 2) | -1.4 | 1.7 | -0.09 | 0.12 | trivial | unlikely | 0.158 |
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| **Peak force** | Entire cohort | CST-CTL (set 1) | 0.3 | 1.9 | 0.02 | 0.14 | trivial | very unlikely | 0.792 |
|  |  | CST-CTL (set 2) | -1.2 | 1.7 | -0.09 | 0.13 | trivial | unlikely | 0.225 |
|  |  |  |  |  |  |  |  |  |  |
|  | LPSR | CST-CTL (set 1) | 3.3 | 3.6 | 0.25 | 0.27 | small | possibly | 0.101 |
|  |  | CST-CTL (set 2) | -0.3 | 2.8 | -0.02 | 0.22 | small | unlikely | 0.869 |
|  |  |  |  |  |  |  |  |  |  |
|  | HPSR | CST-CTL (set 1) | -2.6 | 1.5 | -0.20 | 0.12 | small | possibly | 0.009 |
|  |  | CST-CTL (set 2) | -2.1 | 2.1 | -0.16 | 0.16 | trivial | possibly | 0.087 |
|  |  |  |  |  |  |  |  |  |  |
| **Peak velocity** | Entire cohort | CST-CTL (set 1) | 2.3 | 1.4 | 0.20 | 0.12 | small | possibly | 0.023 |
|  |  | CST-CTL (set 2) | 2.1 | 1.1 | 0.18 | 0.09 | trivial | possibly | 0.017 |
|  |  |  |  |  |  |  |  |  |  |
|  | LPSR | CST-CTL (set 1) | 4.2 | 2.4 | 0.55 | 0.31 | small | very likely | 0.027 |
|  |  | CST-CTL (set 2) | 3.3 | 1.2 | 0.43 | 0.16 | small | very likely | 0.039 |
|  |  |  |  |  |  |  |  |  |  |
|  | HPSR | CST-CTL (set 1) | 0.5 | 1.4 | 0.07 | 0.21 | trivial | unlikely | 0.525 |
|  |  | CST-CTL (set 2) | 0.8 | 1.2 | 0.13 | 0.18 | trivial | unlikely | 0.243 |
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| **Maximal RFD** | Entire cohort | CST-CTL (set 1) | -8.2 | 6.8 | -0.24 | 0.21 | small | possibly | 0.101 |
|  |  | CST-CTL (set 2) | -4.6 | 6.1 | -0.13 | 0.18 | trivial | possibly | 0.280 |
|  |  |  |  |  |  |  |  |  |  |
|  | LPSR | CST-CTL (set 1) | -10.6 | 8.5 | -0.32 | 0.27 | small | likely | 0.146 |
|  |  | CST-CTL (set 2) | -9.7 | 10.1 | -0.29 | 0.31 | small | possibly | 0.162 |
|  |  |  |  |  |  |  |  |  |  |
|  | HPSR | CST-CTL (set 1) | -5.6 | 12.0 | -0.15 | 0.32 | trivial | possibly | 0.435 |
|  |  | CST-CTL (set 2) | 0.8 | 7.4 | 0.02 | 0.18 | trivial | unlikely | 0.869 |
|  |  |  |  |  |  |  |  |  |  |