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| **Supplemental Digital Content 3.** Descriptive (mean ± SD) and inferential (95% CI and p values) statistics of all physical performance variables at both time points for all groups. |
|  | Time points |  | Comparisons (time $×$ protocol interactions) |
|  | Pre-intervention | Post-intervention |  | Mean difference (95% CI) | *t* | p |
| Relative 1RM - Back squat (kg∙kg-1) |  |  |  |  |  |  |  |
| *85%1RM* | 2.20 ± 0.17 | 2.29 ± 0.17 |  | *85%1RM vs Control* | 0.09, 0.17 | 8.45 | < 0.001 |
| *OPL* | 2.17 ± 0.18 | 2.22 ± 0.18 |  | *OPL vs Control* | 0.02, 0.10 | 3.87 | 0.003 |
| *Control* | 2.23 ± 0.15 | 2.16 ± 0.18 |  | *85%1RM vs OPL* | 0.03, 0.11 | 1.61 | < 0.001 |
|  |  |
| Relative 1RM - Bench press (kg∙kg-1) |  |  |  |  |  |  |  |
| *85%1RM* | 1.19 ± 0.14 | 1.29 ± 0.14 |  | *85%1RM vs Control* | 0.13, 0.18 | 16.62 | < 0.001 |
| *OPL* | 1.18 ± 0.10 | 1.20 ± 0.10 |  | *OPL vs Control* | 0.04 to 0.09 | 6.45 | < 0.001 |
| *Control* | 1.19 ± 0.07 | 1.14 ± 0.04 |  | *85%1RM vs OPL* | 0.07 to 0.12 | 10.16 | < 0.001 |
|  |  |  |  |  |  |  |  |
| Relative MPP - Back squat (W∙kg¯¹) |  |  |  |  |  |  |  |
| *85%1RM* | 8.45 ± 0.52 | 8.54 ± 0.49 |  | *85%1RM vs Control* | 0.37, 0.69 | 8.81 | < 0.001 |
| *OPL* | 8.35 ± 0.72 | 8.92 ± 0.79 |  | *OPL vs Control* | 0.76, 1.08 | 15.25 | < 0.001 |
| *Control* | 8.31 ± 0.97 | 8.01 ± 0.85 |  | *85%1RM vs OPL* | -0.55, -0.23 | 6.43 | < 0.001 |
|  |  |  |  |  |  |  |  |
| Relative MPP - Bench press (W∙kg¯¹) |  |  |  |  |  |  |  |
| *85%1RM* | 7.52 ± 0.79 | 7.70 ± 0.76 |  | *85%1RM vs Control* | 0.78, 1.16 | 13.68 | < 0.001 |
| *OPL* | 7.26 ± 0.75 | 7.80 ± 0.61 |  | *OPL vs Control* | 0.88, 1.25 | 15.06 | < 0.001 |
| *Control* | 7.16 ± 0.96 | 6.74 ± 0.84 |  | *85%1RM vs OPL* | -0.28, 0.09 | 1.38 | 0.55 |
|  |  |  |  |  |  |  |  |
| SMBT (m) |  |  |  |  |  |  |  |
| *85%1RM* | 5.65 ± 0.33 | 5.77 ± 0.34 |  | *85%1RM vs Control* | 0.22, to 0.31 | 16.26 | < 0.001 |
| *OPL* | 5.57 ± 0.33 | 5.75 ± 0.30 |  | *OPL vs Control* | 0.20, 0.29 | 14.86 | < 0.001 |
| *Control* | 5.70 ± 0.36 | 5.51 ± 0.35 |  | *85%1RM vs OPL* | -0.02, 0.07 | 1.40 | 0.53 |
|  |  |  |  |  |  |  |  |
| CMJ (cm) |  |  |  |  |  |  |  |
| *85%1RM* | 56.9 ± 4.2 | 57.1 ± 3.9 |  | *85%1RM vs Control* | -1.37, -0.49 | 15.78 | < 0.001 |
| *OPL* | 57.4 ± 4.1 | 58.1 ± 4.1 |  | *OPL vs Control* | 3.10, 3.98 | 21.41 | < 0.001 |
| *Control* | 56.4 ± 4.1 | 54.5 ± 4.2 |  | *85%1RM vs OPL* | -1.37, -0.49 | 5.62 | < 0.001 |
| CI: confidence interval; RM: repetition maximum; BW: body weight; W: Watt; OPL: optimum power load; SMBT: seated medicine ball throw; m: meters; CMJ: countermovement jump; cm: centimetres; *t*: t values; p: p values. |  |