Supplementary material 2. Grading of the different outcomes

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|  | Maximal muscle strength | Muscular power |
| Lower body | 1. 1-RM in multijoint exercises using constant resistance
2. 2-RM in single-joint exercises using constant resistance
3. > RM tests
4. MVC
 | 1. Power output during CMJ
2. Jump height during CMJ
3. Power output during squat
4. Power output in isokinetic tests (closest to 200°/sec)
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| Upper body | 1. 1-RM in multi-joint exercises using constant resistance
2. 2-RM in single joint exercises using constant resistance
3. > RM tests
4. MVC
 | 1. Power output in bench press (the lowest load possible)
2. Medicine ball throw
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RM = repetition maximum, MVC = maximal voluntary contraction, CMJ = counter movement jump