

Guards					
Metric	Pre	Post	Mean_Pre	Mean_Post	ES
Eccentric Braking Impulse [N s]	71	71	48.27 ± 10.05	44.60 ± 8.07	-0.40
Eccentric Braking RFD / BM [N/s/kg]	71	71	67.06 ± 21.59	59.46 ± 23.81	-0.33
Force at Zero Velocity / BM [N/kg]	71	71	22.37 ± 2.36	21.18 ± 3.03	-0.44
Concentric Impulse (Abs) / BM [N s]	71	71	5.306 ± 0.37	5.31 ± 0.40	0.03
Concentric Impulse [N s]	71	71	215.17 ± 20.75	208.11 ± 20.24	-0.34
Concentric RFD / BM [N/s/kg]	71	71	30.95 ± 15.86	37.62 ± 18.96	0.38
Jump Height (Imp-Mom) in Inches [in]	71	70	16.19± 1.95	15.56 ± 2.68	-0.27
RSI-modified (Imp-Mom) [m/s]	71	71	0.54± 0.08	0.51 ± 0.11	-0.29