| **Isokinetic torque** |  | **Hamstrings** | | | **Quadriceps** | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Left**, N = 71 | **Right**, N = 71 | | **Left**, N = 71 | | **Right**, N = 71 |
| Mean torque | 82 (66, 88) | 84 (72, 88) | | 169 (122, 197) | | 176 (157, 190) |
| SD of torque | 2.40 (1.35, 2.95) | 2.30 (1.65, 2.60) | | 6 (5, 9) | | 8 (2, 10) |
| **EMG activity** |  | N = 112 | | | | | |
| Mean EMG (%) | 27 (9) | | | | | |
| Median EMG (%) | 26 (9) | | | | | |
| Peak EMG (%) | 46 (18) | | | | | |
| **Jump recordings** |  | **Abalakov**, N = 112 | | **CMJ**, N = 112 | | **SJ**, N = 112 | |
| Jump height (m) | 0.31 (0.06) | | 0.26 (0.06) | | 0.27 (0.06) | |
| Jump peak force (N) | 1,579 (293) | | 1,494 (278) | | 1,553 (294) | |
| Jump power peak (W) | 3,941 (879) | | 3,707 (1,113) | | 3,154 (1,291) | |

*Table 1.* Baseline characteristics across performance metrics assessed: Isokinetic torque for the hamstrings and quadriceps for each leg; EMG activity recorded during FTP test; Recordings from each of the jumps Abalakov, CMJ and SJ. Descriptive statistics were one of (1) Median (IQR) for isokinetic data, and (2) Mean (SD) for EMG and jump data.