

### *Maximum vertical jump and ground reaction force.*

Maximum vertical jump height was measured by a jump height measuring device (Takei Scientific Instruments, Jump-MD) in both the pre- and postexercise program. At both visits for measuring jump height, subjects jumped vertically at least twice with maximum voluntary effort, and the best performance was recorded. The subjects stood at the center of the circular thin rubber mat (38 cm in diameter). The jumper attached the height-measuring device to her waist. The jump height measuring device and the circular mat were attached by a rope so that the traveling distance from the standing position to the maximum height reached at waist level could be measured. When the jumpers could not land stably within the circular rubber mat, the jumpers had to perform another trial.