

Supplemental Material 1

Jump performance during the fatigue protocol

During the fatiguing protocol, jump height varied significantly across the three sets of 30 jumps (analyzed as six blocks of five jumps for each set) for both SJ ($F = 7.67$, $p < .001$, $\eta^2 = 0.33$) and DJ ($F = 22.1$, $p < .001$, $\eta^2 = 0.59$) (Fig.1). In the 1st set, no significant reduction in jump height was observed for either SJ ($p = 1.0$, $d = 0.09$ – 0.16) or DJ ($p = .07$ – 1.0 , $d = 0.13$ – 0.34).

In the 2nd and 3rd sets both groups showed reduced jump height. Performance during DJs declined more than during SJs: blocks 2 to 6 were significantly lower than block 1 ($p < .001$, $d = 0.36$ – 0.67) and blocks 4 to 6 were also lower than block 2 ($p = .001$ – 0.01 , $d = 0.26$ – 0.31). No other pairwise differences were significant ($p = .33$ – 1.0 , $d = 0.007$ – 0.18). For SJs, jump height in blocks 2 to 5 was significantly lower than block 1 ($p = .001$ – $.04$, $d = 0.24$ – 0.41), with no other significant differences ($p = .12$ – 1.0 , $d < 0.001$ to 0.433).

The two-minute rest between sets enabled recovery of jump height, resulting in a similar fatigue pattern across sets when comparing blocks of the same position (e.g., block 6 in set 1 vs. block 6 in set 3) ($p = .17$ – 1.0 , $d = 0.006$ - 0.24). An exception not attributable to fatigue was found for SJ block 1 in set 1, which was significantly lower than block 1 in set 2 ($p < .001$, $d = 0.56$) and set 3 ($p = .01$, $d = 0.52$).

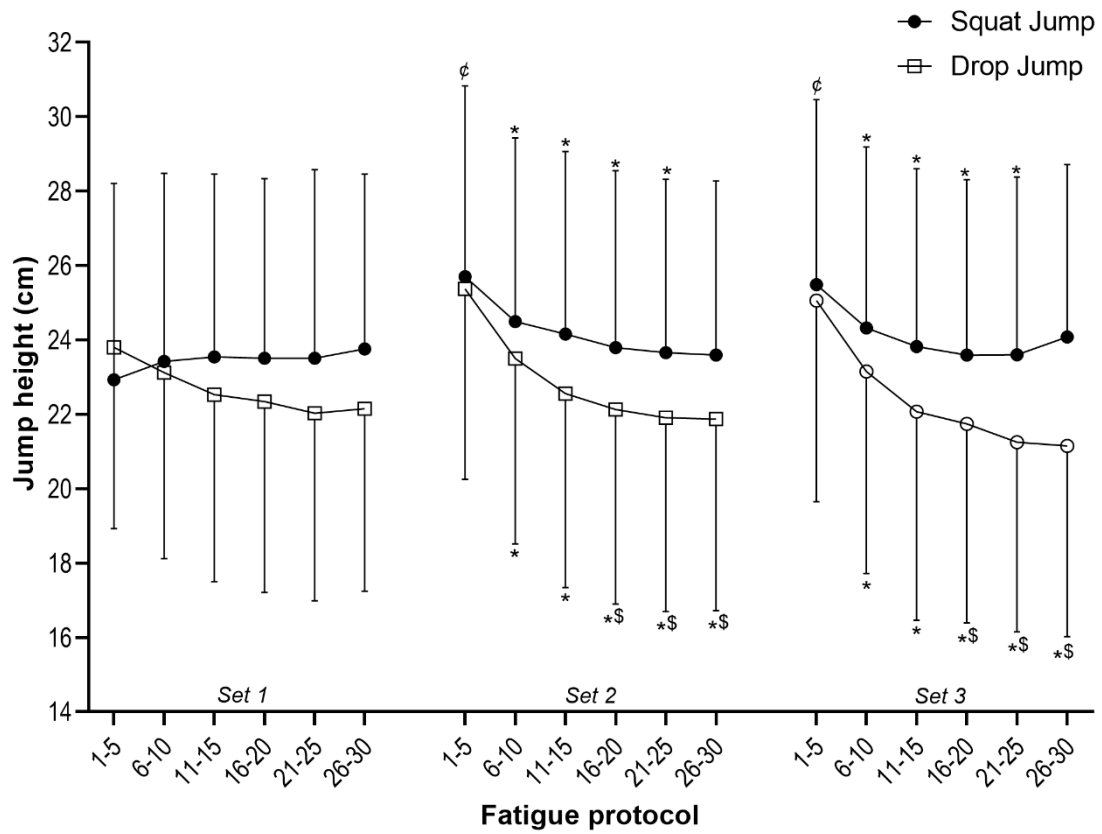


Fig. 1 Fatiguing protocol of squat jump vs. drop jump. The 30 jumps per set were analyzed as six blocks of five jumps. Only within-condition analyses were performed. Legend: ϕ , significant difference compared with contractions 1-5 of the first set; *, significant difference compared with contractions 1-5; \$, significant difference compared with contractions 6-10