

Supplementary digital content 2: A flow chart of the biomechanical testing

Warm up: Participants completed a warm-up of five bodyweight squats and two forward, backward and lateral lunges on each leg prior to testing.



Squat movement testing: Testing involved three trials of a bodyweight bilateral squat. Participants were asked to keep their heels of the ground going down as far as they could go comfortably with a maximum depth of thigh parallel to the ground



Isometric mid thigh pull testing: Bar height was set by measuring the mid point between the top of the patella and the anterior superior iliac spine and the distance from that point while standing up straight to the ground. Participants familiarised themselves by completing a pull at approximately 50%, 75% and 100% of their maximum effort. They then completed 3 trials of a pull and were instructed keep their shoulders over the bar, look straight ahead and pull the bar up as fast and hard as they could for 3 seconds. They had 15 seconds break between each trial.