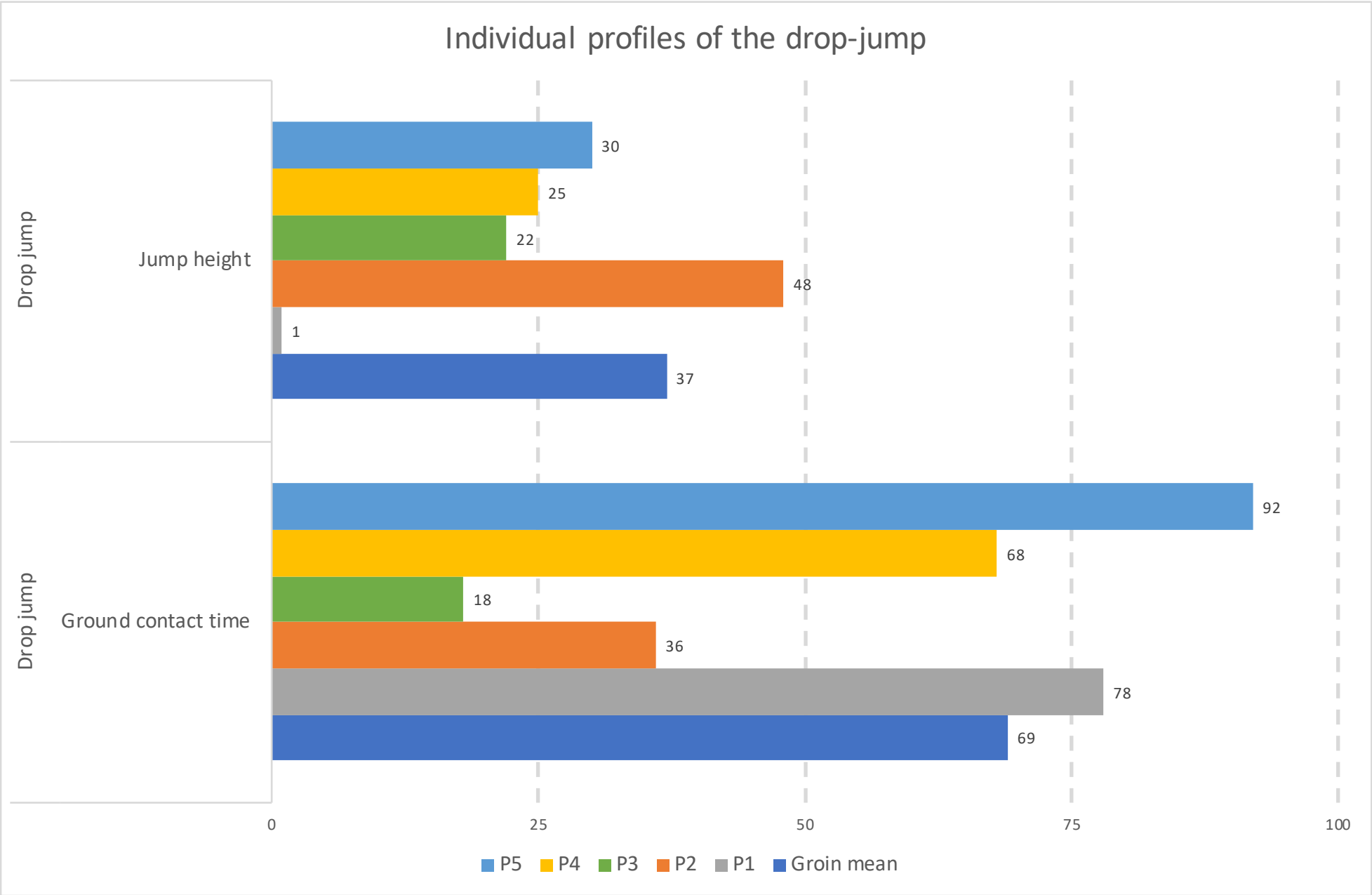
Individual profiles of the drop-jump
Drop jump
Jump height
Drop jump
Ground contact time
30
25
22
48
1
37
92
68
18
36
78
69
0
25
50
75
100
P5
P4
P3
P2
P1
Groin mean