

**Supplementary Figure 1.** Summary of the generic resistance training prescription. \*=repetitions on each side

Session	Exercise		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Back squat	Sets		3	3	3	3	
		Reps	3RM testing	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	3RM testing
		% 3RM		70, 75, 80	75, 80, 85	80, 85, 90	72.5, 77.5, 82.5	
	Box step up	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Barbell pendlay row	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Single-leg RDL	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Calf raises (straight leg)	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Back extensions	Sets	3	3	3	3	3	3
Reps		15, 15, 15	15, 15, 15	18, 18, 18	18, 18, 18	20, 20, 20	20, 20, 20	
Glute bridge	Sets	3	3	3	3	3	3	
	Reps	15, 15, 15	15, 15, 15	18, 18, 18	18, 18, 18	20, 20, 20	20, 20, 20	
2	Trap bar deadlift	Sets		3	3	3	3	
		Reps	3RM testing	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	3RM testing
		% 3RM		70, 75, 80	75, 80, 85	80, 85, 90	72.5, 77.5, 82.5	
	Hip thrusts	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Rear foot elevated split squat	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Barbell bench press	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Quad superman	Sets	3	3	3	3	3	3
		Reps	15, 15, 15	15, 15, 15	18, 18, 18	18, 18, 18	20, 20, 20	20, 20, 20
	Russian twists	Sets	3	3	3	3	3	3
Reps		50, 50, 50	50, 50, 50	60, 60, 60	60, 60, 60	70, 70, 70	70, 70, 71	
3	Back squat	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
		% 3RM	60, 65, 70	60, 65, 70	65, 70, 75	70, 75, 80	62, 66, 70	62, 66, 70
	Dynamic clean pull (from mid-thigh)	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Barbell lunge press	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Pull-ups	Sets	3	3	3	3	3	3
		Reps	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Calf raises (with bent knee)	Sets	3	3	3	3	3	3
		Reps*	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5	5, 5, 5
	Back hyperextension	Sets	3	3	3	3	3	3
Reps		15, 15, 15	15, 15, 16	18, 18, 18	18, 18, 18	20, 20, 20	20, 20, 20	
Medicine ball slams	Sets	3	3	3	3	3	3	
	Reps	40, 40, 40	40, 40, 40	50, 50, 50	50, 50, 50	60, 60, 60	60, 60, 60	

**Warm up:**

2-min skipping; world's greatest stretch (8 each side); 2 sets x 10 reps body weight squats; 5 reps Inchworms; 2 sets of 10 reps walking lunges; banded Lateral shuffles (20 each side); 10 Push Ups; Shoulder taps (5 each side).

**Plyometrics:**

Session 1, Body weight vertical jump with arms; Session 2, Split squat jump; Session 3, Jump squat with 20kg barbell (Weeks 1-4, 2 sets x 4 reps; Weeks 5-6, 3 sets x 4 reps)