

		2-way	interaction	1-way	10°	20°	30°	40°	50°	60°	70°	80°	90°	100°		
Humerothoracic	Plane of Elevation	***	**	F-W	***	***	***	***	***	***	***	***	**	*	-	
				F-R	***	***	**	**	***	***	***	***	***	**	**	*
				W-R	***	***	***	***	***	***	***	***	***	***	***	***
	Elevation	*	**	F-W	-	-	-	-	-	-	-	-	-	-	-	-
				F-R	-	*	-	-	-	-	-	-	-	-	*	**
				W-R	**	-	-	-	*	*	*	*	*	**	***	***
	Internal rotation	***	-	F-W	-	n/a										
				F-R	***											
				W-R	**											
Scapulothoracic	Medial	*	*	F-W	-	*	*	-	-	-	-	-	-	-	-	
				F-R	-	*	-	-	-	-	-	-	-	-	-	*
				W-R	-	-	-	-	-	-	-	-	-	-	-	-
	Protraction	-	***	F-W	-	***	***	**	*	-	-	-	-	-	-	*
				F-R	-	-	-	-	-	-	-	-	-	-	-	-
				W-R	-	**	*	*	-	-	-	-	-	-	-	-
Posterior tilt	-	-	F-W	-	n/a											
			F-R	-												
			W-R	-												
Glenohumeral	Plane of Elevation	-	***	F-W	-	*	-	-	-	-	-	-	-	-	-	
				F-R	-	-	-	-	-	-	-	-	-	-	-	
				W-R	-	-	-	-	*	*	-	-	-	-	*	
	Elevation	***	***	F-W	***	-	-	-	**	***	***	***	***	***	***	***
				F-R	-	***	***	**	-	-	-	*	**	**	**	
				W-R	***	***	***	**	-	***	***	***	***	***	***	***
	Internal rotation	***	***	F-W	***	***	***	***	***	***	***	***	***	***	**	*
				F-R	***	**	**	**	***	***	***	**	**	**	**	
				W-R	***	***	***	***	***	***	***	***	***	***	***	***

Supplementary 1: Significance testing results. For the three rotations tested, the overall results of the two-way repeated measures ANOVA ("2-way") are presented. The interaction between pull-up technique (Front, Wide, Reverse) and percentage of motion (0-100%) are presented ("interaction"). The one-way repeated measures ANOVA results are also presented for all the combinations of comparison between the two pull-up types ("F-W" front-wide, "F-R" front-reverse, "W-R" wide-reverse). The results of the Bonferoni post-hoc tests are then presented for each 10% interval of the motion. * indicates p<0.05, ** p<0.01, *** p<0.001.