

S1 Table: Peak vGRF (BW), GRF_{mag} (BW) and GRF_{ang} (°) between normal (NL) and flexed (FL) drop landings.

		Mean	Min	Max	95% Confidence Interval	<i>p</i> – value Main Effect (Land)
Peak vGRF	NL	2.16	1.41	3.04	2.07 – 2.24	< 0.001
	FL	1.81	1.28	2.48	1.75 – 1.87	
GRF_{mag}	NL	2.16	1.38	3.07	2.08 – 2.25	< 0.001
	FL	1.84	1.28	2.52	1.78 – 1.91	
GRF_{ang}	NL	-6.09	-10.27	1.83	-6.63 – -5.54	< 0.001
	FL	-6.70	-11.03	0.73	-7.23 – -6.17	

vGRF = vertical ground reaction force, GRF_{mag} = ground reaction force magnitude, GRF_{ang} = ground reaction force angle