

Supplementary table 1. Standard error of measurement (SEM), Percentage of SEM expressed as the mean (SEM%), and minimum detectable change (MDC) values for strength measures of hip and knee musculature.

| Force Production measures | ICC | SEM | SEM % | MDC |
|---------------------------|------|-------|-------|-------|
| Hip Abduction | 0.84 | 0.031 | 6.2% | 0.087 |
| Hip Adduction | 0.86 | 0.031 | 9.7% | 0.086 |
| Hip Internal Rotation | 0.81 | 0.023 | 9.8% | 0.064 |
| Hip External Rotation | 0.84 | 0.014 | 7.2% | 0.086 |
| Hip Flexion | 0.81 | 0.035 | 8.7% | 0.098 |
| Hip Extension | 0.77 | 0.038 | 11.6% | 0.106 |
| Knee Extension | 0.86 | 0.043 | 8.6% | 0.118 |
| Knee Flexion | 0.88 | 0.030 | 11.4% | 0.183 |

All measures are normalized to body weight kg.kg^{-1}