



**S2 supplemental material.** (A) Adjustable wooden structures positioned on each side of the force plate (black arrows = measuring tapes, white arrow = elastic band); (B) example of the adjustment for the squat jump. After using a goniometer to determine the 90° knee flexion angle, the range of motion was demarcated by contact of the gluteus with the elastic band; (C) aerial phase of the squat jump.