Supplemental Table 1.¾ Intra-rater reliability of measures obtained during the countermovement and squat jumps.

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|  | **Countermovement Jump** | **Squat Jump** |
| **Variables** | **Force Plate****CL 90%** | **JumpoCL 90%** | **MyJumpCL 90%** | **Force PlateCL 90%** | **JumpoCL 90%** | **MyJumpCL 90%** |
| Jump height (cm) | 0.97 | 0.94 | 0.98 | 0.94 | 0.95 | 0.92 |
| 0.93-0.99 | 0.78-0.98 | 0.94-0.99 | 0.82-0.98 | 0.85-0.98 | 0.76-0.97 |
| Mean force (N) | 0.96 | 0.98 | 0.99 | 0.98 | 0.99 | 0.96 |
| 0.87-0.99 | 0.99-0.94 | 0.98-1.00 | 0.94-0.99 | 0.99-1.00 | 0.88-0.99 |
| Mean velocity (m·s-1) | 0.96 | 0.85 | 0.97 | 0.84 | 0.96 | 0.92 |
| 0.88-0.99 | 0.60-0.95 | 0.90-0.99 | 0.60-0.95 | 0.88-0.99 | 0.76-0.97 |
| Mean power (W) | 0.94 | 0.93 | 0.98 | 0.93 | 0.97 | 0.92 |
| 0.83-0.98 | 0.80-0.98 | 0.93-0.99 | 0.80-0.98 | 0.91-0.99 | 0.76-0.97 |

Data are presented as mean and 90% of confidence limits (CL).