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| Acronym | Meaning |
| AV | average MPV attained against all absolute loads common to pre-and post-tests in the squat progressive loading test |
| AV ≥ 1 | average MPV attained against common loads that were lifted equal or faster than 1.00 m·s−1 in the squat progressive loading test |
| AV < 1 | average MPV against common loads lifted slower than 1.00 m·s−1 in the squat progressive loading test |
| AV ≥ 0.8 | average MPV attained against common loads that were lifted equal or faster than 0.80 m·s−1 in the bench press progressive loading test |
| AV < 0.8 | average MPV against common loads lifted slower than 0.80 m·s−1 in the bench press progressive loading test |
| 1RM | One repetition maximum |
| %VL | Magnitude (percentage) of intra-set velocity loss |
| CMJ | Countermovement jump |
| SD | Standard deviation |
| BP | Bench press |
| Pre | initial assessment |
| Post | final assessment |
| SQ | Full squat |
| rep/reps | Repetición/repeticiones |
| AS | Alternating set experimental group |
| TS | Traditional set experimental group |
| MPV | mean propulsive velocity |
| MPVbest | mean propulsive velocity of the fastest (usually first) repetition in the first set |