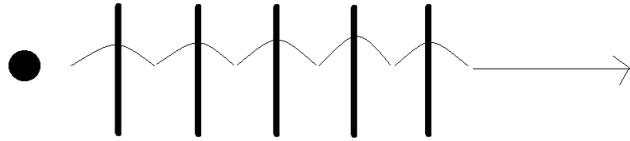


Figure S1. Graphic scheme of exercises applied in the plyometric training of female soccer players

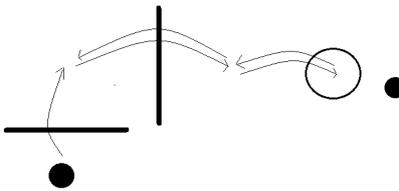
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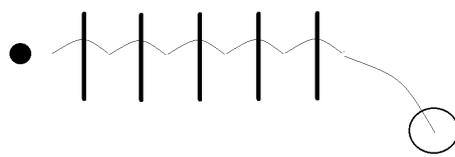
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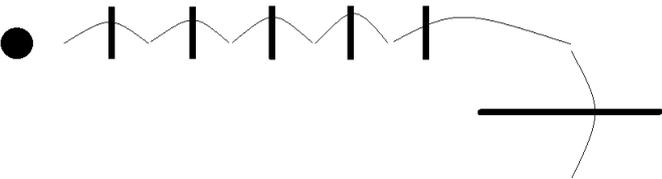
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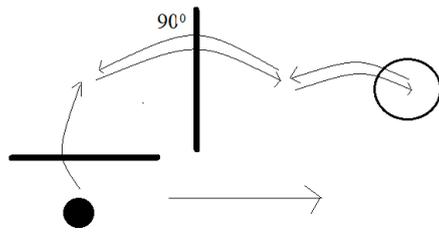
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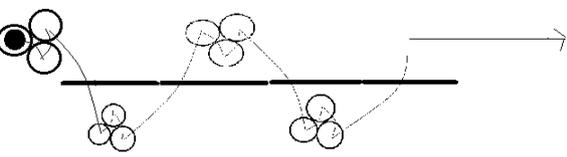
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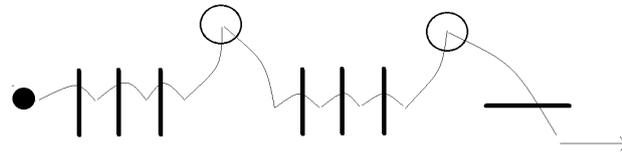
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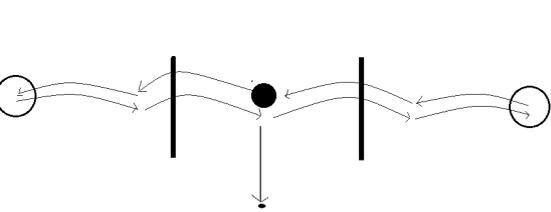
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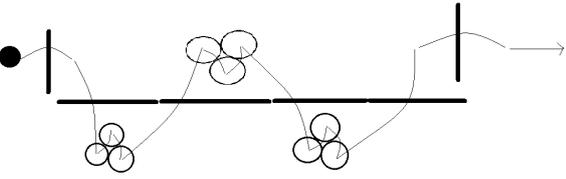
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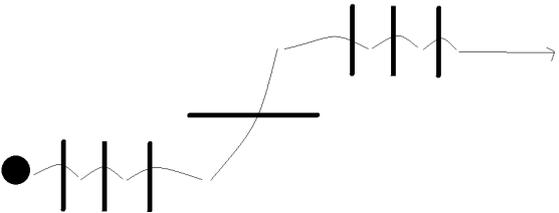
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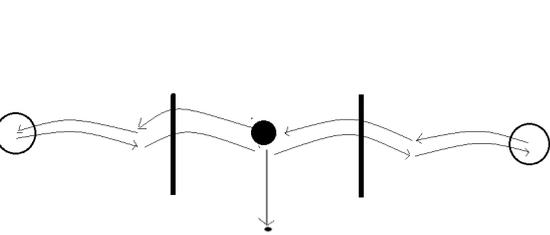
10.



11.



12.

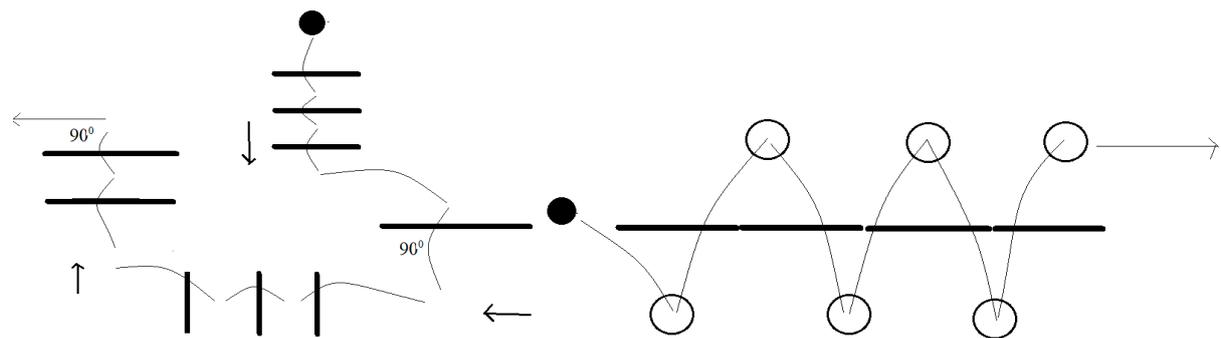
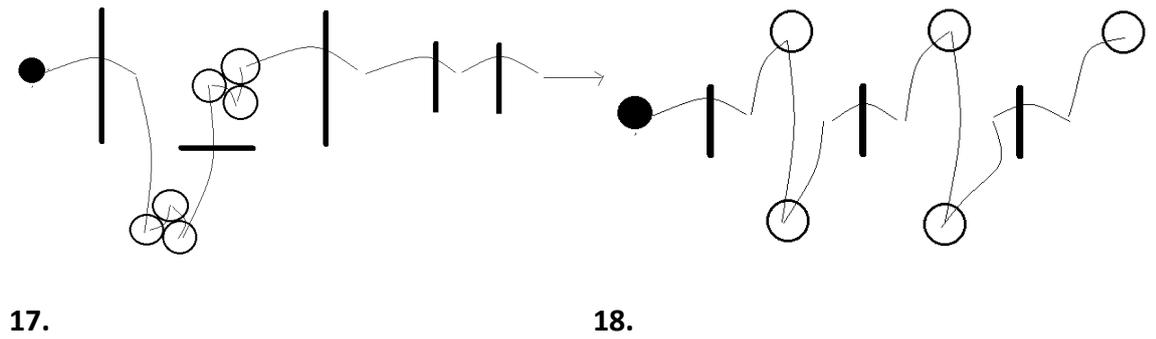
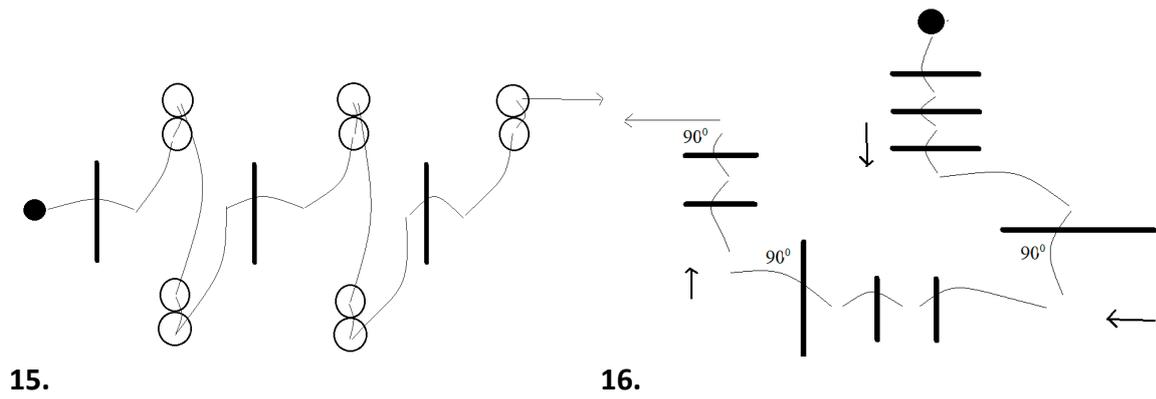


13.



14.





Legend

- - person performing exercise
- - direction
- - gymnastics ring
- 1. — - hurdle (45 cm)
- 2. † - hurdle (10 cm)
- 3. / 4. / 5. / 6. — † - hurdle (45 cm) † - hurdle (10 cm)
- 7. / 8. † - hurdle (10 cm)
- 9. — - hurdle (45 cm)
- 10. † - hurdle (10 cm)
- 11. † - hurdle (10 cm)

— - hurdle (45 cm)

12.

— - hurdle (45 cm)

13.

— - hurdle (45 cm)

14.

↑ - hurdle (10 cm)

— - hurdle (45 cm)

15.

— - hurdle (45 cm)

↑ - hurdle (10 cm)

16.

↑ - hurdle (10 cm)

17.

↑ - hurdle (10 cm)

— - hurdle (68 cm)

18.

↑ - hurdle (10 cm)