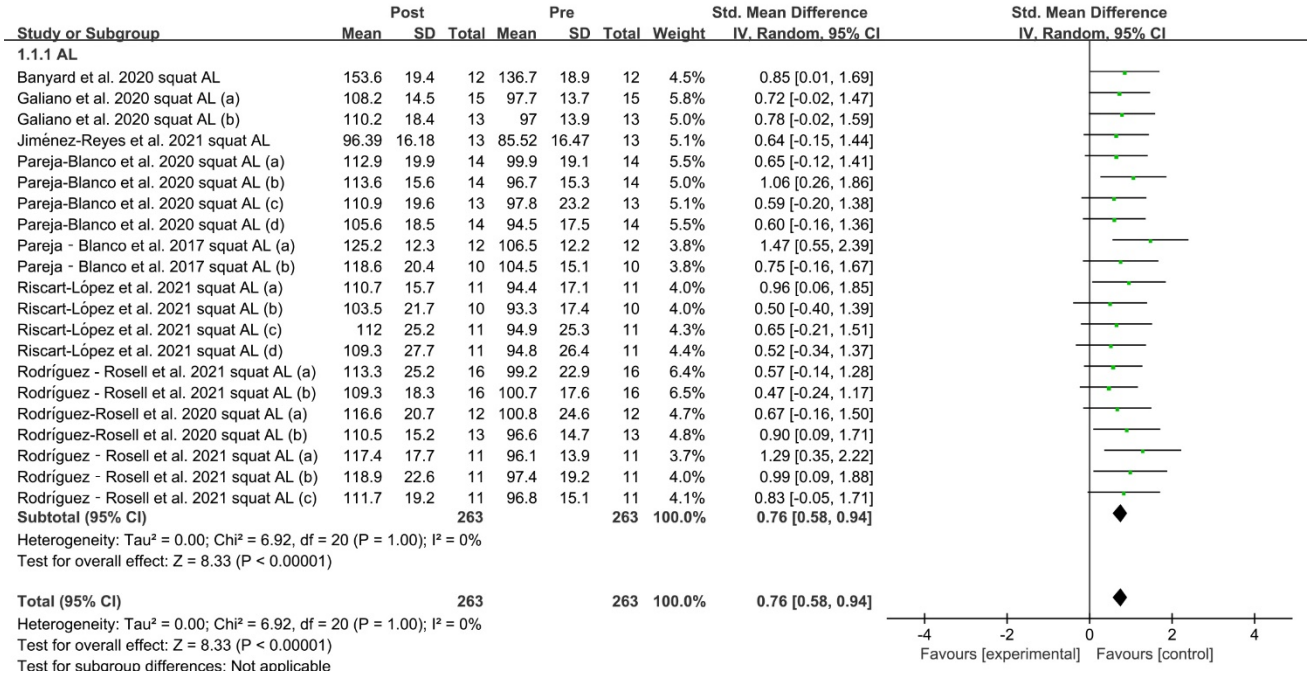


Figure S1. The effect of VBT on 1RM.

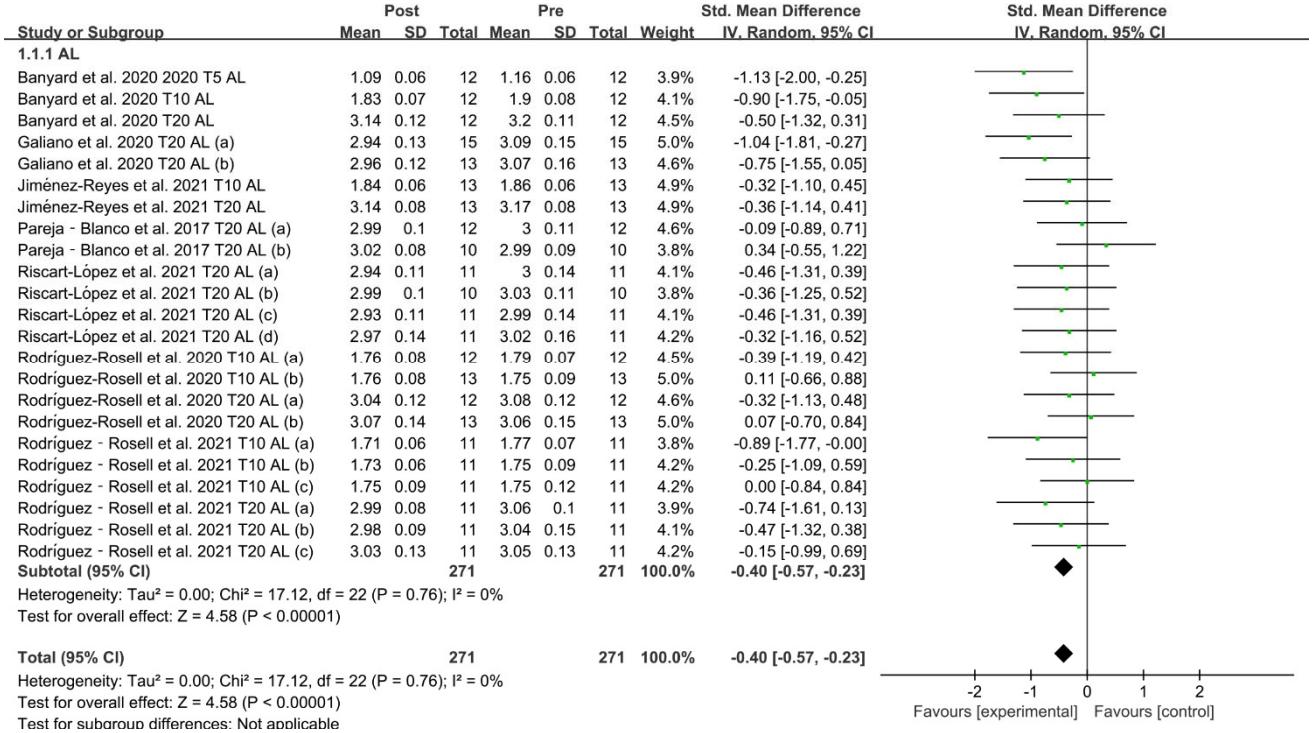


Figure S2. The effect of VBT on sprint time.

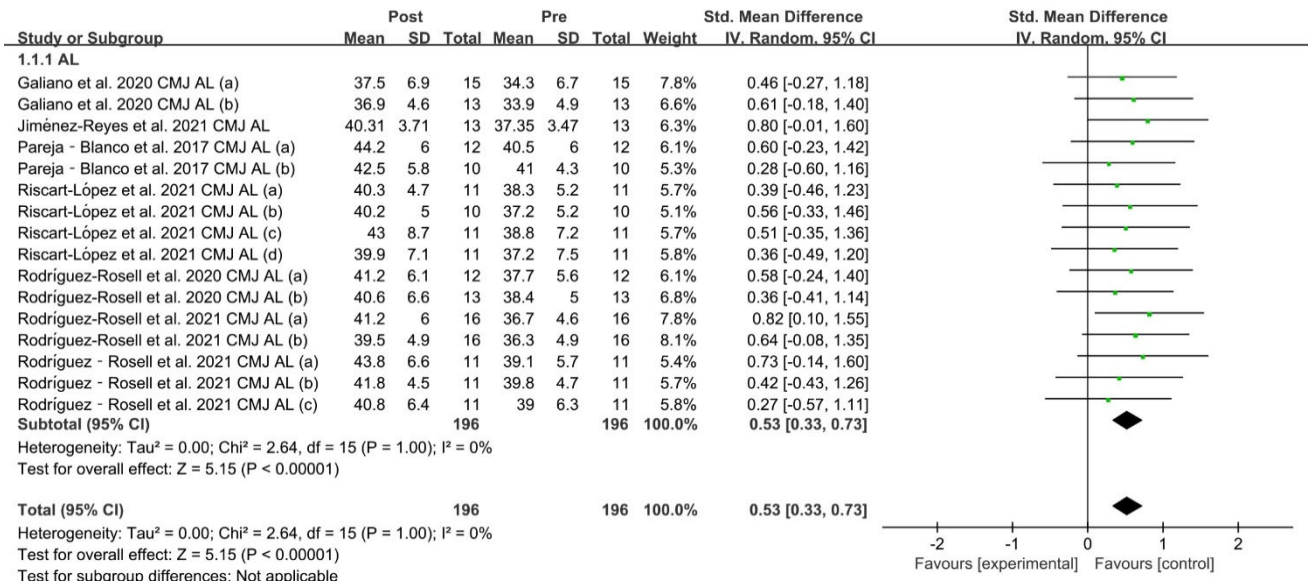


Figure S3. The effect of VBT on CMJ.

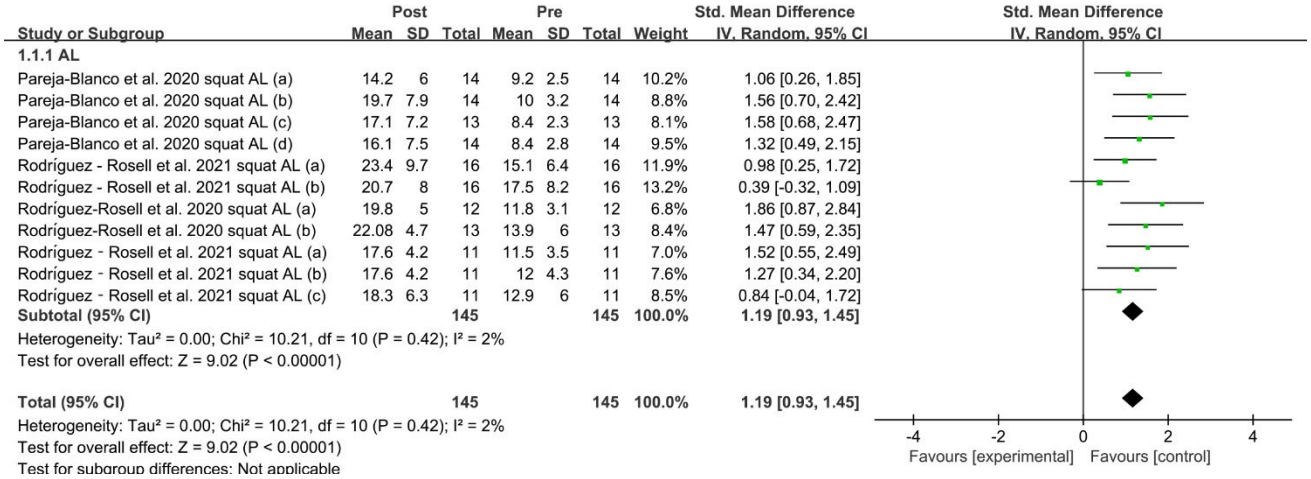


Figure S4. The effect of VBT on MNR.