Table 1. Means, standard deviations, and correlations with confidence intervals

Variable	M	SD	1	2	3	4	5	6	7	8	9
1. Sex	1.19	0.40									
2. Age	15.28	0.91	-.09 [-.22, .04]								
3. BM	63.41	15.45	-.19** [-.31, -.06]	.08 [-.05, .21]							
4. CMJ Height	28.19	6.80	-.40** [-.51, -.29]	.18** [.05, .30]	-.35** [-.46, -.23]						
5. Handgrip	33.45	7.65	-.45** [-.55, -.34]	.27** [.15, .39]	.34** [.22, .45]	.37** [.26, .48]					
6. Punch Force	56.73	18.87	-.08 [-.21, .05]	.13 [-.00, .25]	-.10 [-.23, .03]	.08 [-.05, .21]	.06 [-.07, .19]				
7. PF/BM	0.95	0.38	.04 [-.09, .17]	.08 [-.05, .21]	-.55** [-.63, -.45]	.23** [.11, .35]	-.13* [-.26, -.00]	.85** [.81, .89]			
8. PF/HG	1.78	0.70	.22** [.10, .34]	-.04 [-.17, .09]	-.26** [-.38, -.14]	-.17** [-.30, -.05]	-.51** [-.60, -.41]	.79** [.74, .84]	.79** [.73, .83]		
9. PF/(BM+HG)	0.61	0.23	.11 [-.02, .23]	.05 [-.08, .18]	-.48** [-.58, -.38]	.10 [-.03, .23]	-.27** [-.38, -.14]	.88** [.84, .90]	.98** [.97, .98]	.89** [.87, .92]	
10. PV	8.64	2.64	-.08 [-.21, .05]	.07 [-.06, .20]	-.09 [-.22, .04]	.17* [.04, .29]	.11 [-.02, .24]	.11 [-.02, .24]	.15* [.02, .27]	.04 [-.09, .17]	.12 [-.01, .24]

Note. *M* and *SD* are used to represent mean and standard deviation, respectively. Values in square brackets indicate the 95% confidence interval for each correlation. The confidence interval is a plausible range of population correlations that could have caused the sample correlation (Cumming, 2014). * indicates $p < .05$. ** indicates $p < .01$.