

Supplementary Material

Maximum Strength Benchmarks for Difficult Static Elements on Rings in Male Elite Gymnastics

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Table S1. Individual results of all athletes of maximum strength performing strength elements on rings (swallow, support scale and inverted cross) and preconditioning maximum concentric (con) and eccentric (ecc) strength (Fmax).

Athlete	Swallow/Support Scale					Inverted Cross			
	Body Mass	Swallow (kg)	Support scale (kg)	Fmax ecc (kg)	Fmax con (kg)	Body mass	Inverted cross (kg)	Fmax ecc (kg)	Fmax con (kg]
1	66.20	53.70	48.70	47.65	37.80	68.40	60.90	42.09	35.16
2	63.70	63.70	63.70	56.10	42.30	63.30	58.30		
3	58.70	38.70	46.20		31.71	61.80	41.80	42.29	31.86
4	65.10	40.10	50.10	33.25	28.38	66.00	48.50	35.99	28.61
5	66.00	58.50	61.00	55.33					
6	71.70	51.70	61.70	41.89	33.76				
7	58.10	45.60	54.35	43.79	34.10				
8	61.50	59.00	61.50	58.19	38.55	66.00	51.00	44.05	27.43
9	61.10	53.60	61.10	48.07	32.33				
10	65.00	65.00	60.00	64.96	41.07				
11	64.20	64.20	68.20	58.82	41.39				
12	61.40	57.65	61.40	44.85	34.86				
13	76.50	66.50	76.50	63.71	46.28				
14	62.60	62.60	62.60	62.49	37.61				
15	64.40	49.40	49.40	47.65	29.66				
16	74.30					74.30	61.80	60.58	44.46
17	58.60					58.60	48.60	38.76	29.85
18	63.30					63.30	48.30	33.92	23.36
19	72.40					72.40	54.90	42.28	31.97