Supplementary Table S1. Sex-specific descriptive statistics for horizontal upper-body push and pull force–time variables.

Variable	Day	Male (n = 41) Mean ± *SD*	Female (n = 11) Mean ± *SD*
Age (years)	–	25.3 ± 6.4	23.9 ± 4.8
Pull Peak Force (N)	Day 1	886.9 ± 186.6	610.1 ± 93.2
	Day 2	904.4 ± 199.9	600.8 ± 114.8
Pull RFD (N/s)	Day 1	5036.2 ± 1703.1	3713.5 ± 1373.3
	Day 2	5403.3 ± 1356.6	3943.0 ± 1688.9
Pull Time to Peak Force (s)	Day 1	2.17 ± 0.77	2.37 ± 0.85
	Day 2	2.28 ± 0.87	2.35 ± 0.65
Pull Impulse (N·s)	Day 1	2911.8 ± 532.3	2389.2 ± 529.5
	Day 2	3153.5 ± 759.0	2544.2 ± 691.2
Push Peak Force (N)	Day 1	978.6 ± 208.6	758.1 ± 158.0
	Day 2	986.9 ± 217.5	734.1 ± 130.9
Push RFD (N/s)	Day 1	6030.4 ± 1682.1	4571.9 ± 1802.6
	Day 2	5921.9 ± 1797.1	4564.6 ± 1842.9
Push Time to Peak Force (s)	Day 1	1.94 ± 0.93	1.85 ± 1.09
	Day 2	2.12 ± 0.89	2.31 ± 0.92
Push Impulse (N·s)	Day 1	3228.8 ± 859.2	2710.4 ± 608.6
	Day 2	3473.9 ± 755.0	2816.4 ± 793.2

Values represent the mean of three trials per testing day. RFD = rate of force development, SD = standard deviation.