

Table S1. Individual results (resistance: body weight + additional weight / - counterweight; holding time) at the maximum strength tests of the elements swallow and support scale on rings before (pretest), during (Test 2 and 3) and after (posttest) the three-week eccentric training intervention.

Maximum strength

Swallow									Support scale							
Athlete	Pretest		Test 2		Test 3		Posttest		Pretest		Test 2		Test 3		Posttest	
	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)
1	53.70	5.21	55.15	4.70	56.40	4.00	61.60	4.68	48.70	5.04	51.40	5.00	53.90	4.90	56.60	5.11
2	63.70	4.20	59.00	3.60	64.00	4.60	64.50	2.03	63.70	5.64	68.00	6.30	68.00	6.87	68.50	5.11
3	38.70	5.24	41.10	5.86	43.90	3.41	43.70	5.00	46.20	4.83	46.10	4.01	47.65	3.17	48.70	4.80
4	40.10	4.70	40.20	6.00	45.00	3.47	46.00	5.11	50.10	4.97	50.20	3.51	50.00	3.30	52.25	4.30
5	58.50	4.91	59.00	6.04	65.60	5.07	65.20	5.14	61.00	5.21	64.00	6.91	67.60	4.10	67.20	4.44
6	51.70	5.20	54.20	4.63	54.95	4.70	59.00	4.74	61.70	4.27	61.70	4.94	62.95	4.90	64.00	4.31
7	45.60	5.24	46.40	7.28	48.40	5.00	51.90	4.10	54.35	4.41	55.15	4.24	54.65	3.71	59.40	2.75
8	59.00	5.11	58.70	5.10	58.90	5.37	59.30	5.17	61.50	6.04	63.20	3.94	65.40	5.14	67.80	4.94
9	53.60	5.00	55.45	5.38	56.10	5.41	-	-	61.10	4.07	63.70	4.00	65.10	5.51	-	-
10	65.00	4.24	65.40	4.54	65.40	6.14	66.30	5.04	60.00	4.47	65.40	4.41	65.40	5.10	65.30	4.77

Table S2. Individual results (resistance: body weight + additional weight / - counterweight; holding time) at the strength endurance tests of the elements swallow and support scale on rings before (pretest), during (Test 2 and 3) and after (posttest) the three-week eccentric training intervention.

Strength endurance																
Swallow									Support scale							
Athlete	Pretest		Test 2		Test 3		Posttest		Pretest		Test 2		Test 3		Posttest	
	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)	Resistance (kg)	Time (s)
1	53.70	5.21	53.70	5.70	53.70	10.00	53.70	10.35	48.70	5.04	48.70	8.30	48.70	10.00	48.70	15.66
2	63.70	4.20	63.70	0.00	63.70	4.60	63.70	2.03	63.70	5.64	63.70	11.32	63.70	13.52	63.70	10.35
3	38.70	5.24	38.70	7.01	38.70	10.75	38.70	15.82	46.20	4.83	46.20	4.01	46.20	3.70	46.20	7.88
4	40.10	4.70	40.10	6.00	40.10	17.20	40.10	21.93	50.10	4.97	50.10	3.51	50.10	3.30	50.10	5.40
5	58.50	4.91	-	-	58.50	9.11	58.50	10.35	61.00	5.21	-	-	61.00	9.38	61.00	13.89
6	51.70	5.20	51.70	8.64	51.70	7.15	51.70	17.56	61.70	4.27	61.70	4.94	61.70	5.50	61.70	7.91
7	45.60	5.24	45.60	7.28	45.60	8.04	45.60	10.11	54.35	4.41	54.35	4.24	54.35	3.71	54.35	4.04
8	59.00	5.11	59.00	5.1	59.00	5.37	59.00	5.17	61.50	6.04	61.50	7.20	61.50	14.30	61.50	15.26
9	53.60	5.00	53.60	6.27	53.60	10.15	-	-	61.10	4.07	61.10	8.15	61.10	11.85	-	-
10	65.00	4.24	65.00	4.54	65.00	6.14	65.00	4.84	60.00	4.47	60.00	9.51	60.00	7.98	60.00	4.77