**Table II -** *Comparisons between weekly muscles volume training, peak torque and power*

| | A | B | C | D | E | F | G | H | I | J | K | L | M | N |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | **Men** | | | | | | | |
| **Average** | 46.30 | 43.30 | 271.20[a] | 131.07 | 137.72[b] | 88.32 | 173.51[c] | 97.48 | 276.35[d] | 162.66 | 249.96[e] | 124.14 | 101.90[f] | 67.70 |
| **SD** | 10.50 | 7.67 | 60.98 | 24.04 | 32.27 | 21.08 | 41.51 | 21.94 | 48.54 | 38.49 | 61.38 | 25.49 | 23.16 | 12.84 |
| | | | | | | | **Women** | | | | | | | |
| **Average** | 45.36 | 45.27 | 175.33[g] | 79.97 | 93.09[h] | 62.32 | 115.58[i] | 57.82 | 181.11[j] | 105.47 | 162.04[k] | 74.39 | 68.06[l] | 47.55 |
| **SD** | 13.31 | 13.34 | 44.63 | 18.76 | 20.58 | 13.55 | 35.19 | 17.25 | 50.32 | 30.14 | 41.58 | 18.69 | 17,74 | 8,61 |

SD = standard deviation; A = weekly quadriceps volume training; B = weekly hamstring volume training; C = extension peak torque 60º/s (Nm); D = flexion peak torque 60º/s (Nm); E = extension peak torque 300º/s (Nm); F = flexion peak torque 300º/s (Nm); G = extension power 60º/s (watts); H = flexion power 60º/s (watts); I = extension power 300º/s (watts); J = flexion power 300º/s (watts); K = extension average peak torque 60º/s (Nm); L = flexion average peak torque 60º/s (Nm); M = extension average peak torque 300º/s (Nm); N = flexion average peak torque 300º/s (Nm); a = $p \leq 0.05$ by Wilcoxon test C vs D in men group;b = $p \leq 0.05$ by Wilcoxon test E vs F in men group; c = $p \leq 0.05$ by Wilcoxon test G vs H in men group; d = $p \leq 0.05$ by Wilcoxon test I vs J in men group; e = $p \leq 0.05$ by Wilcoxon test K vs L in men group; f = $p \leq 0.05$ by Wilcoxon test M vs N in men group; g = $p \leq 0.05$ by Wilcoxon test C vs D in woman group; h = $p \leq 0.05$ by Wilcoxon test E vs F in woman group; i = $p \leq 0.05$ by Wilcoxon test G vs H in woman group; j = $p \leq 0.05$ by Wilcoxon test I vs J in woman group; k = $p \leq 0.05$ by Wilcoxon test K vs L in woman group; l = $p \leq 0.05$ by Wilcoxon test M vs N in woman group

**Table III** - Correlation men group (part 1)

| | | A1 | B1 | C1 | D1 | E1 | F1 | G1 | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A1 | Correlation coefficient | 1,000 | -0,228 | -0,272 | 0,006 | -0,228 | 0,006 | -0,336 | **,907**** | -0,488 | -0,488 | -0,304 | -0,095 | -0,443 | -0,545 |
| | Sig. (2 extremes) | | 0,526 | 0,446 | 0,986 | 0,526 | 0,986 | 0,343 | **0,000** | 0,153 | 0,153 | 0,393 | 0,794 | 0,199 | 0,103 |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| B1 | Correlation coefficient | -0,228 | 1,000 | 0,588 | **,903**** | 0,539 | **,939**** | 0,612 | -0,380 | **,891**** | ,697* | **,806**** | 0,479 | **,842**** | **,697*** |
| | Sig. (2 extremes) | 0,526 | | 0,074 | **0,000** | 0,108 | **0,000** | 0,060 | 0,279 | **0,001** | 0,025 | **0,005** | 0,162 | **0,002** | **0,025** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| C1 | Correlation coefficient | -0,272 | 0,588 | 1,000 | **,721*** | **,927**** | **,685*** | **,988**** | -0,386 | 0,600 | **,806**** | 0,430 | 0,430 | 0,491 | **,661*** |
| | Sig. (2 extremes) | 0,446 | 0,074 | | **0,019** | **0,000** | **0,029** | **0,000** | 0,270 | 0,067 | **0,005** | 0,214 | 0,214 | 0,150 | **0,038** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| D1 | Correlation coefficient | 0,006 | **,903**** | **,721*** | 1,000 | **,661*** | **,988**** | **,709*** | -0,222 | **,806**** | **,721*** | **,782**** | 0,588 | **,770**** | **,685*** |
| | Sig. (2 extremes) | 0,986 | **0,000** | **0,019** | | **0,038** | **0,000** | **0,022** | 0,538 | **0,005** | **0,019** | **0,008** | 0,074 | **0,009** | **0,029** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| E1 | Correlation coefficient | -0,228 | 0,539 | **,927**** | **,661*** | 1,000 | 0,624 | **,952**** | -0,367 | 0,588 | **,818**** | 0,455 | 0,527 | 0,467 | **,709*** |
| | Sig. (2 extremes) | 0,526 | 0,108 | **0,000** | **0,038** | | 0,054 | **0,000** | 0,296 | 0,074 | **0,004** | 0,187 | 0,117 | 0,174 | **0,022** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| F1 | Correlation coefficient | 0,006 | **,939**** | **,685*** | **,988**** | 0,624 | 1,000 | **,673*** | -0,184 | **,794**** | **,673*** | **,745*** | 0,503 | **,745*** | **,636*** |
| | Sig. (2 extremes) | 0,986 | **0,000** | **0,029** | **0,000** | 0,054 | | **0,033** | 0,611 | **0,006** | **0,033** | **0,013** | 0,138 | **0,013** | **0,048** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| G1 | Correlation coefficient | -0,336 | 0,612 | **,988**** | **,709*** | **,952**** | **,673*** | 1,000 | -0,462 | **,661*** | **,867**** | 0,491 | 0,491 | 0,552 | **,733*** |
| | Sig. (2 extremes) | 0,343 | 0,060 | **0,000** | **0,022** | **0,000** | **0,033** | | 0,178 | **0,038** | **0,001** | 0,150 | 0,150 | 0,098 | **0,016** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | **10** |

A1 = weekly quadriceps volume training; B1 = extension peak torque 60º/s (Nm); C1 = extension peak torque 300º/s (Nm); D1 = extension power 60º/s (watts); E1 = extension power 300º/s (watts); F1 = extension average peak torque 60º/s (Nm); G1 = extension average peak torque 300º/s (Nm); A2 = weekly hamstring volume training; B2 = flexion peak torque 60º/s (Nm); C2 = flexion peak torque 300º/s (Nm); D2 = flexion power 60º/s (watts); E2 = flexion power 300º/s (watts); F2 = flexion average peak torque 60º/s (Nm); G2 = flexion average peak torque 300º/s (Nm); *$p \leq 0.05$ by Spearman test; ** $p \leq 0.01$ by Spearman test

**Table III** - *Correlation men group (part 2)*

| | | A1 | B1 | C1 | D1 | E1 | F1 | G1 | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **A2** | Correlation coefficient | **,907**$^{**}$ | -0,380 | -0,386 | -0,222 | -0,367 | -0,184 | -0,462 | 1,000 | **-,665**$^{*}$ | **-,665**$^{*}$ | -0,545 | -0,412 | **-,634**$^{*}$ | **-,710**$^{*}$ |
| | Sig. (2 extremes) | **0,000** | 0,279 | 0,270 | 0,538 | 0,296 | 0,611 | 0,178 | | **0,036** | **0,036** | 0,103 | 0,237 | **0,049** | **0,022** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **B2** | Correlation coefficient | -0,488 | **,891**$^{**}$ | 0,600 | **,806**$^{**}$ | 0,588 | **,794**$^{**}$ | **,661**$^{*}$ | **-,665**$^{*}$ | 1,000 | **,879**$^{**}$ | **,939**$^{**}$ | **,673**$^{*}$ | **,976**$^{**}$ | **,927**$^{**}$ |
| | Sig. (2 extremes) | 0,153 | **0,001** | 0,067 | **0,005** | 0,074 | **0,006** | **0,038** | **0,036** | | **0,001** | **0,000** | **0,033** | **0,000** | **0,000** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **C2** | Correlation coefficient | -0,488 | **,697**$^{*}$ | **,806**$^{**}$ | **,721**$^{*}$ | **,818**$^{**}$ | **,673**$^{*}$ | **,867**$^{**}$ | **-,665**$^{*}$ | **,879**$^{**}$ | 1,000 | **,770**$^{**}$ | **,636**$^{*}$ | **,818**$^{**}$ | **,952**$^{**}$ |
| | Sig. (2 extremes) | 0,153 | **0,025** | **0,005** | **0,019** | **0,004** | **0,033** | **0,001** | **0,036** | **0,001** | | **0,009** | **0,048** | **0,004** | **0,000** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **D2** | Correlation coefficient | -0,304 | **,806**$^{**}$ | 0,430 | **,782**$^{**}$ | 0,455 | **,745**$^{*}$ | 0,491 | -0,545 | **,939**$^{**}$ | **,770**$^{**}$ | 1,000 | **,794**$^{**}$ | **,976**$^{**}$ | **,879**$^{**}$ |
| | Sig. (2 extremes) | 0,393 | **0,005** | 0,214 | **0,008** | 0,187 | **0,013** | 0,150 | 0,103 | **0,000** | **0,009** | | **0,006** | **0,000** | **0,001** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **E2** | Correlation coefficient | -0,095 | 0,479 | 0,430 | 0,588 | 0,527 | 0,503 | 0,491 | -0,412 | **,673**$^{*}$ | **,636**$^{*}$ | **,794**$^{**}$ | 1,000 | **,697**$^{*}$ | **,721**$^{*}$ |
| | Sig. (2 extremes) | 0,794 | 0,162 | 0,214 | 0,074 | 0,117 | 0,138 | 0,150 | 0,237 | **0,033** | **0,048** | **0,006** | | **0,025** | **0,019** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **F2** | Correlation coefficient | -0,443 | **,842**$^{**}$ | 0,491 | **,770**$^{**}$ | 0,467 | **,745**$^{*}$ | 0,552 | **-,634**$^{*}$ | **,976**$^{**}$ | **,818**$^{**}$ | **,976**$^{**}$ | **,697**$^{*}$ | 1,000 | **,903**$^{**}$ |
| | Sig. (2 extremes) | 0,199 | **0,002** | 0,150 | **0,009** | 0,174 | **0,013** | 0,098 | **0,049** | **0,000** | **0,004** | **0,000** | **0,025** | | **0,000** |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **G2** | Correlation coefficient | -0,545 | **,697**$^{*}$ | **,661**$^{*}$ | **,685**$^{*}$ | **,709**$^{*}$ | **,636**$^{*}$ | **,733**$^{*}$ | **-,710**$^{*}$ | **,927**$^{**}$ | **,952**$^{**}$ | **,879**$^{**}$ | **,721**$^{*}$ | **,903**$^{**}$ | 1,000 |
| | Sig. (2 extremes) | 0,103 | **0,025** | **0,038** | **0,029** | **0,022** | **0,048** | **0,016** | **0,022** | **0,000** | **0,000** | **0,001** | **0,019** | **0,000** | |
| | N | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

A1 = weekly quadriceps volume training; B1 = extension peak torque 60º/s (Nm); C1 = extension peak torque 300º/s (Nm); D1 = extension power 60º/s (watts); E1 = extension power 300º/s (watts); F1 = extension average peak torque 60º/s (Nm); G1 = extension average peak torque 300º/s (Nm); A2 = weekly hamstring volume training; B2 = flexion peak torque 60º/s (Nm); C2 = flexion peak torque 300º/s (Nm); D2 = flexion power 60º/s (watts); E2 = flexion power 300º/s (watts); F2 = flexion average peak torque 60º/s (Nm); G2 = flexion average peak torque 300º/s (Nm); *$p \leq 0.05$ by Spearman test; ** $p \leq 0.01$ by Spearman test

**Table IV -** *Correlations for woman group (part 1)*

| | | A1 | B1 | C1 | D1 | E1 | F1 | G1 | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A1 | Correlation coefficient | 1,000 | -0,216 | -0,230 | -0,221 | -0,174 | -0,160 | -0,268 | **,781**$^{**}$ | -0,244 | -0,103 | -0,301 | -0,202 | -0,362 | -0,183 |
| | Sig. (2 extremes) | | 0,523 | 0,496 | 0,514 | 0,609 | 0,639 | 0,426 | **0,005** | 0,469 | 0,762 | 0,369 | 0,551 | 0,274 | 0,590 |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| B1 | Correlation coefficient | -0,216 | 1,000 | **,745**$^{**}$ | **,964**$^{**}$ | **,664**$^{*}$ | **,973**$^{**}$ | **,645**$^{*}$ | -0,395 | **,845**$^{**}$ | **,718**$^{*}$ | **,827**$^{**}$ | **,664**$^{*}$ | **,891**$^{**}$ | 0,545 |
| | Sig. (2 extremes) | 0,523 | | **0,008** | **0,000** | **0,026** | **0,000** | **0,032** | 0,229 | **0,001** | **0,013** | **0,002** | **0,026** | **0,000** | 0,083 |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| C1 | Correlation coefficient | -0,230 | **,745**$^{**}$ | 1,000 | **,836**$^{**}$ | **,955**$^{**}$ | **,755**$^{**}$ | **,945**$^{**}$ | **-,605**$^{*}$ | **,836**$^{**}$ | **,936**$^{**}$ | **,691**$^{*}$ | **,727**$^{*}$ | **,727**$^{*}$ | **,773**$^{**}$ |
| | Sig. (2 extremes) | 0,496 | **0,008** | | **0,001** | **0,000** | **0,007** | **0,000** | **0,049** | **0,001** | **0,000** | **0,019** | **0,011** | **0,011** | **0,005** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| D1 | Correlation coefficient | -0,221 | **,964**$^{**}$ | **,836**$^{**}$ | 1,000 | **,755**$^{**}$ | **,982**$^{**}$ | **,727**$^{*}$ | -0,479 | **,918**$^{**}$ | **,800**$^{**}$ | **,891**$^{**}$ | **,764**$^{**}$ | **,927**$^{**}$ | **,691**$^{*}$ |
| | Sig. (2 extremes) | 0,514 | **0,000** | **0,001** | | **0,007** | **0,000** | **0,011** | 0,136 | **0,000** | **0,003** | **0,000** | **0,006** | **0,000** | **0,019** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| E1 | Correlation coefficient | -0,174 | **,664**$^{*}$ | **,955**$^{**}$ | **,755**$^{**}$ | 1,000 | **,664**$^{*}$ | **,982**$^{**}$ | -0,516 | **,700**$^{*}$ | **,900**$^{**}$ | **,655**$^{*}$ | **,718**$^{*}$ | **,664**$^{*}$ | **,836**$^{**}$ |
| | Sig. (2 extremes) | 0,609 | **0,026** | **0,000** | **0,007** | | **0,026** | **0,000** | 0,104 | **0,016** | **0,000** | **0,029** | **0,013** | **0,026** | **0,001** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| F1 | Correlation coefficient | -0,160 | **,973**$^{**}$ | **,755**$^{**}$ | **,982**$^{**}$ | **,664**$^{*}$ | 1,000 | **,627**$^{*}$ | -0,377 | **,900**$^{**}$ | **,736**$^{**}$ | **,882**$^{**}$ | **,745**$^{**}$ | **,918**$^{**}$ | 0,582 |
| | Sig. (2 extremes) | 0,639 | **0,000** | **0,007** | **0,000** | **0,026** | | **0,039** | 0,253 | **0,000** | **0,010** | **0,000** | **0,008** | **0,000** | 0,060 |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| G1 | Correlation coefficient | -0,268 | **,645**$^{*}$ | **,945**$^{**}$ | **,727**$^{*}$ | **,982**$^{**}$ | **,627**$^{*}$ | 1,000 | -0,535 | **,673**$^{*}$ | **,845**$^{**}$ | 0,591 | **,645**$^{*}$ | **,609**$^{*}$ | **,845**$^{**}$ |
| | Sig. (2 extremes) | 0,426 | **0,032** | **0,000** | **0,011** | **0,000** | **0,039** | | 0,090 | **0,023** | **0,001** | 0,056 | **0,032** | **0,047** | **0,001** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |

A1 = weekly quadriceps volume training; B1 = extension peak torque 60º/s (Nm); C1 = extension peak torque 300º/s (Nm); D1 = extension power 60º/s (watts); E1 = extension power 300º/s (watts); F1 = extension average peak torque 60º/s (Nm); G1 = extension average peak torque 300º/s (Nm); A2 = weekly hamstring volume training; B2 = flexion peak torque 60º/s (Nm); C2 = flexion peak torque 300º/s (Nm); D2 = flexion power 60º/s (watts); E2 = flexion power 300º/s (watts); F2 = flexion average peak torque 60º/s (Nm); G2 = flexion average peak torque 300º/s (Nm); *$p \leq 0.05$ by Spearman test; ** $p \leq 0.01$ by Spearman test

**Table IV** - *Correlation woman group (part 2)*

| | | A1 | B1 | C1 | D1 | E1 | F1 | G1 | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A2 | Correlation coefficient | **,781**$^{**}$ | -0,395 | **-,605**$^{*}$ | -0,479 | -0,516 | -0,377 | -0,535 | 1,000 | -0,530 | -0,586 | -0,554 | -0,493 | **-,605**$^{*}$ | -0,395 |
| | Sig. (2 extremes) | **0,005** | 0,229 | **0,049** | 0,136 | 0,104 | 0,253 | 0,090 | | 0,093 | 0,058 | 0,077 | 0,123 | **0,049** | 0,229 |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| B2 | Correlation coefficient | -0,244 | **,845**$^{**}$ | **,836**$^{**}$ | **,918**$^{**}$ | **,700**$^{*}$ | **,900**$^{**}$ | **,673**$^{*}$ | -0,530 | 1,000 | **,809**$^{**}$ | **,836**$^{**}$ | **,845**$^{**}$ | **,873**$^{**}$ | **,627**$^{*}$ |
| | Sig. (2 extremes) | 0,469 | **0,001** | **0,001** | **0,000** | **0,016** | **0,000** | **0,023** | 0,093 | | **0,003** | **0,001** | **0,001** | **0,000** | **0,039** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| C2 | Correlation coefficient | -0,103 | **,718**$^{*}$ | **,936**$^{**}$ | **,800**$^{**}$ | **,900**$^{**}$ | **,736**$^{**}$ | **,845**$^{**}$ | -0,586 | **,809**$^{**}$ | 1,000 | **,718**$^{*}$ | **,800**$^{**}$ | **,745**$^{**}$ | **,655**$^{*}$ |
| | Sig. (2 extremes) | 0,762 | **0,013** | **0,000** | **0,003** | **0,000** | **0,010** | **0,001** | 0,058 | **0,003** | | **0,013** | **0,003** | **0,008** | **0,029** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| D2 | Correlation coefficient | -0,301 | **,827**$^{**}$ | **,691**$^{*}$ | **,891**$^{**}$ | **,655**$^{*}$ | **,882**$^{**}$ | 0,591 | -0,554 | **,836**$^{**}$ | **,718**$^{*}$ | 1,000 | **,873**$^{**}$ | **,982**$^{**}$ | **,664**$^{*}$ |
| | Sig. (2 extremes) | 0,369 | **0,002** | **0,019** | **0,000** | **0,029** | **0,000** | 0,056 | 0,077 | **0,001** | **0,013** | | **0,000** | **0,000** | **0,026** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| E2 | Correlation coefficient | -0,202 | **,664**$^{*}$ | **,727**$^{*}$ | **,764**$^{**}$ | **,718**$^{*}$ | **,745**$^{**}$ | **,645**$^{*}$ | -0,493 | **,845**$^{**}$ | **,800**$^{**}$ | **,873**$^{**}$ | 1,000 | **,845**$^{**}$ | **,664**$^{*}$ |
| | Sig. (2 extremes) | 0,551 | **0,026** | **0,011** | **0,006** | **0,013** | **0,008** | **0,032** | 0,123 | **0,001** | **0,003** | **0,000** | | **0,001** | **0,026** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| F2 | Correlation coefficient | -0,362 | **,891**$^{**}$ | **,727**$^{*}$ | **,927**$^{**}$ | **,664**$^{*}$ | **,918**$^{**}$ | **,609**$^{*}$ | **-,605**$^{*}$ | **,873**$^{**}$ | **,745**$^{**}$ | **,982**$^{**}$ | **,845**$^{**}$ | 1,000 | **,609**$^{*}$ |
| | Sig. (2 extremes) | 0,274 | **0,000** | **0,011** | **0,000** | **0,026** | **0,000** | **0,047** | **0,049** | **0,000** | **0,008** | **0,000** | **0,001** | | **0,047** |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| G2 | Correlation coefficient | -0,183 | 0,545 | **,773**$^{**}$ | **,691**$^{*}$ | **,836**$^{**}$ | 0,582 | **,845**$^{**}$ | -0,395 | **,627**$^{*}$ | **,655**$^{*}$ | **,664**$^{*}$ | **,664**$^{*}$ | **,609**$^{*}$ | 1,000 |
| | Sig. (2 extremes) | 0,590 | 0,083 | **0,005** | **0,019** | **0,001** | 0,060 | **0,001** | 0,229 | **0,039** | **0,029** | **0,026** | **0,026** | **0,047** | |
| | N | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |

A1 = weekly quadriceps volume training; B1 = extension peak torque 60º/s (Nm); C1 = extension peak torque 300º/s (Nm); D1 = extension power 60º/s (watts); E1 = extension power 300º/s (watts); F1 = extension average peak torque 60º/s (Nm); G1 = extension average peak torque 300º/s (Nm); A2 = weekly hamstring volume training; B2 = flexion peak torque 60º/s (Nm); C2 = flexion peak torque 300º/s (Nm); D2 = flexion power 60º/s (watts); E2 = flexion power 300º/s (watts); F2 = flexion average peak torque 60º/s (Nm); G2 = flexion average peak torque 300º/s (Nm); *$p \leq 0.05$ by Spearman test; ** $p \leq 0.01$ by Spearman test