

**Table III - Strength assessment before and after intervention period**

Study	Exercise	N	Pre-training (Kg)	Post-training (Kg)	Change (%)
Aagaard P et al., 2011	Maximal isometric quadriceps contraction strength (MVC)	Int: 7 Cont: 7	Int: 275.3 ± 42.4 N/m Cont: 261.9 ± 45.9 N/m	Int: 307.7 ± 40.4 N/m Cont: 257.9 ± 28.5 N/m	+12* -1.52
Hauswirth C et al., 2009	Leg Press 45° (1 RM)	Int:7 Cont:7	Int: 290.7 ± 50.3 Cont: 289.3 ± 38.3	Int:310.0 ± 55.6 Cont: 277.9 ± 42.1	+6.6 ± 3.9* -4.1 ± 3.0*
Jackson NP et al., 2007	Squat (1RM)	Int:H-Res 9 Int:H-Rep 9 Cont:5	Int:116 ± 20.1 Int:100 ± 36.9 Cont: ND	Int:151 ± 29.2 Int:122 ± 26.5 Cont: ND	+30.17*# +22* ND
Levin GT, McGuigan MR, Laursen PB, 2009	Squat (1RM)	Int:7 Cont:7	Int:109±18 Cont: 106±20	Int: 137±21 Cont: 113±22	+16.51# +6.79
Rønnestad BR, Hansen EA, Raastad T, 2010	Half squat in a Smith machine (1 RM)	Int:6 Cont:6	Int: ND Cont: ND	Int: ND Cont: ND	+23 ± 3*# RU
Rønnestad BR et al., 2016	Maximum strength during an isometric half squat on a force plate (MVC)	Int:7 Cont:7	Int:1400 ± 378 N/m Cont: 1340 ± 364 N/m	Int: 1726 ± 378 N/m Cont: 1447 ± 394	+23.28*# +7.98
Rønnestad BR et al., 2015	Maximum force through the vertical reaction force in the squat with a jump on a force plate	Int:9 Cont:7	Int: ND Cont: ND	Int: ND Cont: ND	+20 ± 12*# RU
Rønnestad BR, Hansen J, Nygaard H, 2017	Maximum strength during an isometric half squat on a force plate (MVC)	Int:12 Cont:8	Int: ND Cont: ND	Int: ND Cont: ND	+20 ± 12*# +3±3
Sunde A et al., 2010	Half squat in a Smith machine (1 RM)	Int:8 Cont:5	Int:155.0 ± 40.6 Cont: 151.0 ± 36.0	Int:177.5 ± 50.7 Cont: 154.0 ± 39.3	+14.51*# +1.98

Int = intervention group; Cont = control group; H-Res = intervention group with high loads; H-Rep = intervention group with high repetitions; ND = Not described, \*Difference between pré-pós, #Difference between intervention group for control group