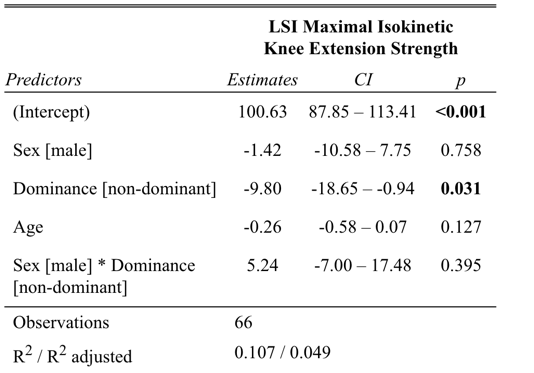
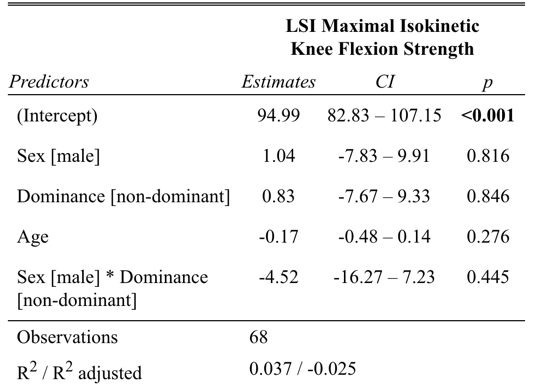
**Additional File 1**

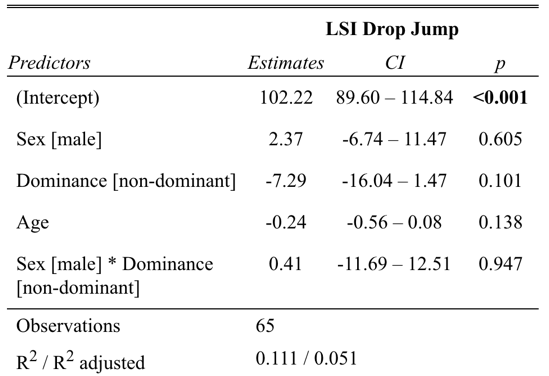
**Table 1** Regression parameters for LSI maximal isokinetic knee extension strength



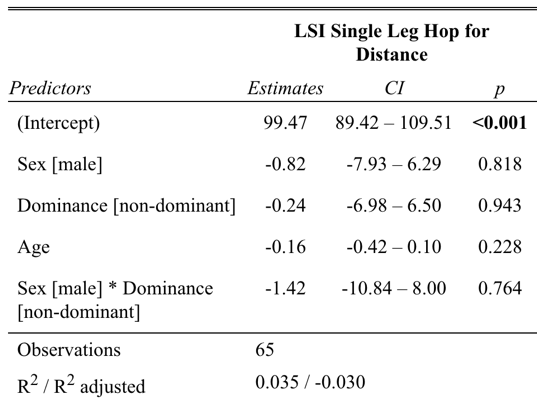
**Table 2** Regression parameters for LSI maximal isokinetic knee flexion strength



**Table 3** Regression parameters for LSI drop jump



**Table 4** Regression parameters for LSI single leg hop for distance



**Table 5** Regression parameters for LSI 6m timed hop

