

Swing Type	Portion of ROM	%MH sEMG (Mean±SD)	%BF sEMG (Mean±SD)	P
Squat	Full repetition	30.70±14.12	21.69±9.18	0.022*
Hip	Full repetition	35.74±16.66	24.50±9.19	0.046*
Double knee extension	Full repetition	29.58±16.88	20.03±11.96	0.007*

Table 1. Comparison of the normalised surface electromyography (sEMG) during a full repetition for the medial hamstrings (MH) and biceps femoris (BF) across each swing. ROM = Range of Motion, SD = Standard Deviation, 95% CI = 95% Confidence Interval, *=p<0.05 when comparing all medial vs biceps femoris sEMG at each individual swing.

Swing Type	Portion of ROM	%MH sEMG (Mean ± SD)	%BF sEMG (Mean±SD)
Squat	Concentric	40.32 ± 22.70	26.47 ± 7.91
	Eccentric	23.49 ± 13.58	16.93 ± 9.93
Hip Hinge	Concentric	44.89±25.02	32.65±14.47
	Eccentric	28.80±16.36	21.51±15.04
Double knee extension	Concentric	34.25±20.70	25.72±15.79
	Eccentric	20.87±9.99	14.89±6.98

Table 2. Comparison of the normalised surface electromyography (sEMG) for the medial hamstrings (MH) and biceps femoris (BF) within the concentric and eccentric muscle action.

ROM = Range of Motion, SD = Standard Deviation