

Supplementary table 1. The average weekly accrual of impulse per participant during the performance of the Nordic hamstring exercise in both the low volume (L) and high volume (H) training groups.

Group	Week	Average weekly impulse per participant (N.s)
L	1	43013
L	2	45514
L	3	9825
L	4	10196
L	5	10102
L	6	10395
H	1	38154
H	2	44860
H	3	63379
H	4	78500
H	5	97318
H	6	99936