

Table S1: Time-of-day effects for different maximum strength parameters.

Strength parameter	Overall effect		Maximum estimated difference between two time points
	Chi ²	p-value	
Leg strength			
isometric	0.71	0.982	0.10 N.kg ⁻¹
concentric at 120 mm.s ⁻¹	21.01	0.001	0.67 N.kg ⁻¹
eccentric at 120 mm.s ⁻¹	6.16	0.291	0.33 N.kg ⁻¹
concentric at 240 mm.s ⁻¹	6.21	0.286	0.27 N.kg ⁻¹
eccentric at 240 mm.s ⁻¹	6.21	0.286	0.26 N.kg ⁻¹
rfd 0-50 ms	11.96	0.035	0.37 N.ms ⁻¹
rfd 0-150 ms	7.39	0.193	0.15 N.ms ⁻¹
Arm strength			
isometric	5.65	0.342	0.09 N.kg ⁻¹
concentric at 120 mm.s ⁻¹	5.46	0.362	0.07 N.kg ⁻¹
eccentric at 120 mm.s ⁻¹	1.47	0.917	0.05 N.kg ⁻¹
rfd 0-50 ms	5.44	0.365	0.13 N.ms ⁻¹
rfd 0-150 ms	13.81	0.017	0.04 N.ms ⁻¹
Trunk strength			
isometric flexion	0.78	0.978	0.05 Nm.kg ⁻¹
isometric extension	9.89	0.079	0.32 Nm.kg ⁻¹
concentric flexion	5.23	0.388	0.08 Nm.kg ⁻¹
concentric extension	0.84	0.975	0.08 Nm.kg ⁻¹
flexion rtd 0-50 ms	4.61	0.466	0.28 Nm.ms ⁻¹
extension rtd 0-50 ms	6.81	0.235	0.48 Nm.ms ⁻¹
flexion rtd 0-150 ms	10.49	0.062	0.15 Nm.ms ⁻¹
extension rtd 0-150 ms	2.73	0.742	0.13 Nm.ms ⁻¹
Balance / Jump			
dominant leg	4.58	0.470	0.01 score
non-dominant leg	3.26	0.660	0.01 score
jumping height	23.38	≤ 0.001	3.1 cm

Abbreviations: rfd, rate of force development, rtd, rate of torque development; score, y-balance composite score.