

Cold- and Hot-water immersion are not more effective than Placebo for recovery and training adaptations in national level football players

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Supplementary material

Fig. 1: Representative CMJ

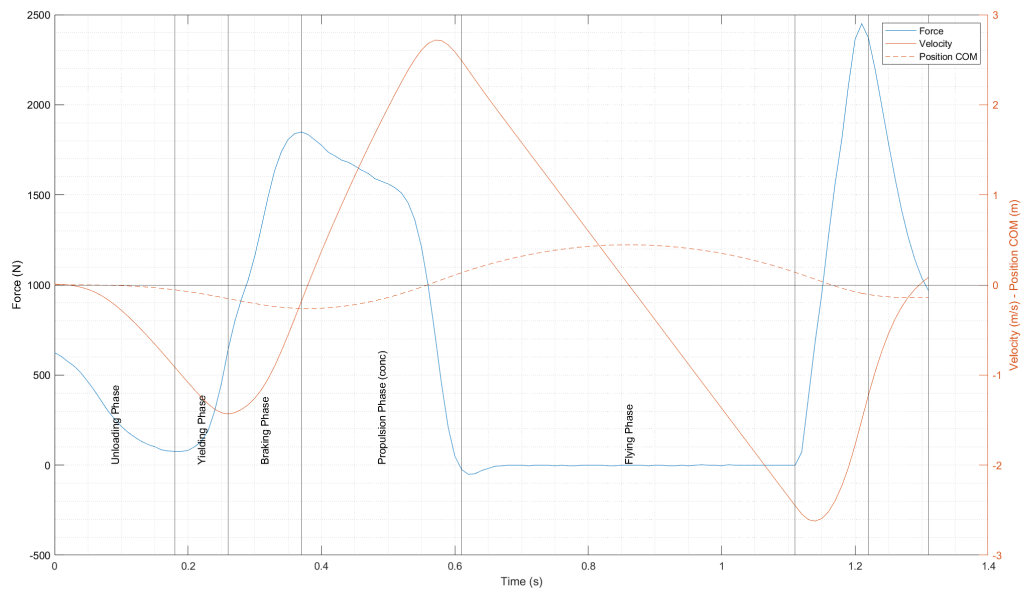


Fig. 2: Representative Knee extension time to exhaustion at 60% MVIC peak force

