

Supplementary Materials: The Effects of Mental Imagery with Video-Modeling on Self-Efficacy and Maximal Front Squat Ability

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Warm-Up Protocol

Self Myofascial Release (20 s each)

- Calves
- Quadriceps
- Hamstrings
- Gluteals

Static Stretching (20 s each)

- Quadriceps
- Hamstring
- Gluteals

Activation & Supplemental

- Alternate Leg Lower × 5 each leg
- Glute Bridge March × 5 each leg
- Cook Squat × 5

Dynamic (15 yards)

- Knee Hug Lunge
- Quad Walk w/Reach
- Figure 4
- Spiderman Walk
- RDL Walk
- Straight Leg Kick



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