Figure 1

Pre
45-minute
water immersion
Post
Post-15
Water
at 42 ˚C
Water
at 40 ˚C
Water
at 34 ˚C
Randomized order
10-min
rest
CMJ
Drop
Jump
15-min
rest

Figure 2

A
CMJ Height
Δ Height (cm)
Time, p < .001
Temp, p < .001
Time*Temp, p = .006
Post
Post-15
B
Lower-limb Peak Force
Δ Force (N)
Time, p < .001
Temp, p < .001
Time*Temp, p = .006
Post
Post-15
C
Lower-limb Peak Power
Δ Power (W)
Time, p < .001
Temp, p < .001
Time*Temp, p = .010
Post
Post-15
34 °C
40 °C
42 °C
D
Drop Jump Height
Δ Height (cm)
Time, p < .001
Temp, p = .005
Time*Temp, p = .191
Post
Post-15
E
Reactive Strength Index
Δ RSI (A.U.)
Time, p < .001
Temp, p < .001
Time*Temp, p = .166
Post
Post-15
F
Lower-limb Vertical Stiffness
Δ Stiffness (kN/m)
Time, p = .163
Temp, p < .082
Time*Temp, p = .840
Post
Post-15