

Table 1.

	Water at 34 °C (Control)			Hot water at 40 °C			Hot water at 42 °C		
	Pre	Post	Post-15	Pre	Post	Post-15	Pre	Post	Post-15
Countermovement jump									
Height (cm)	31.81±6.98	31.29±6.98	30.53±6.45	31.84±6.01	33.95±7.31	31.45±6.67	31.90±6.97	35.11±8.26	31.49±8.22
Peak Force (N)	900.7±143.3	897.2±141.4	892.3±139.9	899.52±137.3	913.6±148.2	896.9±143.1	901.2±142.7	922.5±151.9	898.1±150.2
Peak Power (W)	1134.7±295.1	1120.1±289.3	1100.4±279.5	1131.4±268.1	1189.6±311.8	1123.7±288.6	1136.8±293.5	1222.1±1127.1	1127.1±326.5
Drop jump									
Height (cm)	28.10±6.52	27.91±6.18	27.28±5.26	28.43±5.97	29.53±6.74	28.19±6.76	27.39±5.10	30.02±6.81	27.35±6.68
RSI (A.U.)	2.32±0.40	2.25±0.41	2.19±0.42	2.35±0.42	2.45±0.47	2.30±0.45	2.21±0.39	2.37±0.48	2.19±0.41
Stiffness (kN/m)	22.32±6.76	21.98±6.32	21.75±7.11	23.07±7.57	23.81±8.21	23.15±8.15	21.77±7.46	22.67±7.42	21.91±7.62