**Supplementary Table 1:** Estimated means and 95% confidence intervals of GRF across the three perceived intensity zones.

|  |  |  |
| --- | --- | --- |
|  | Horizontal  | Vertical |
| GRF | Zone | Estimated Mean | LCL | UCL | Estimated Mean | LCI | UCL |
| Peak force (BW) | Low | 2.46 | 2.10 | 2.82 | 4.73 | 4.07 | 5.39 |
| Med | 2.62 | 2.25 | 2.98 | 4.95 | 4.29 | 5.62 |
| High | 2.92 | 2.56 | 3.28 | 5.40 | 4.74 | 6.06 |
| Impulse (BW · s) | Low | 0.05 | 0.03 | 0.06 | 0.38 | 0.35 | 0.41 |
| Med | 0.05 | 0.03 | 0.07 | 0.37 | 0.34 | 0.41 |
| High | 0.06 | 0.05 | 0.08 | 0.37 | 0.34 | 0.41 |
| Loading rate (BW · s−1) | Low | 23.54 | 19.26 | 27.82 | 44.86 | 37.12 | 52.60 |
| Med | 25.58 | 21.30 | 29.86 | 48.30 | 40.55 | 56.04 |
| High | 28.56 | 24.28 | 32.84 | 52.78 | 45.04 | 60.53 |
| **Key:** GRF = Ground reaction force; LCI = Lower confidence limits; UCL = Upper confidence limits. |