The relationships between the measured variables are outlined in Table 2. In men, pre-session T levels were negatively correlated with the relative T changes after sprint exercise (p = 0.036) and positively related to CMJ PP before the video treatment (p = 0.018), both of moderate strength. Negative relationships (of moderate strength) were also identified between pre-session T levels in women and the relative T changes in the sprint exercise (p = 0.020), video (p = 0.030) and control (p = 0.054) sessions, although the latter outcome only approached significance. In women, the baseline measures of HGS and CMJ PP were moderately and positively related under all treatment conditions (p ≤0.035).

**DISCUSSION**

This study compared the effectiveness of a physi-