This is the pre-published version.

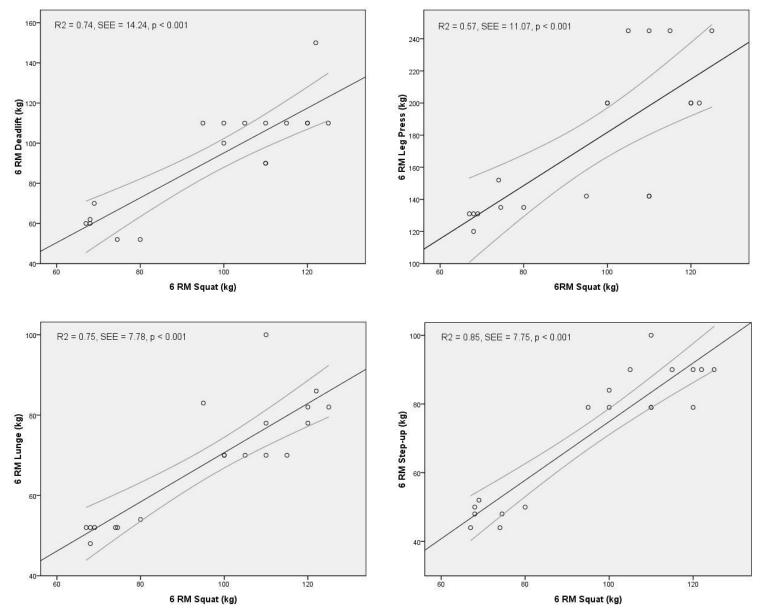


Figure 2. Linear regression of the deadlift, leg press lunge, and step-up using the squat as a predictor.

Note: 6 RM = six repetition maximum.