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Table 1. Change of flexibility (sit-and-reach test) before and after various **combined static and dynamic stretching** durations and testing.

	Condition 1 (10 s)	Condition 2 (20 s)	Condition 3 (30 s)
Changes after warm up (cm) (2nd minus 1st flexibility test)	2.78 ± 0.35***	3.79 ± 0.45***	5.16 ± 0.46***
Change after RSA or COD (3rd minus 2nd flexibility test)	2.43 ± 0.30	2.35 ± 0.32	1.82 ± 0.20

Values are mean ± SEM.

*** Significant differences between all groups at $p \leq 0.001$.

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Table 2. Effects of combined static and dynamic stretching durations on repeated-sprint ability (RSA) performance.

	Condition 1	Condition 2	Condition 3
	(10 s)	(20 s)	(30 s)
Fastest time (s)	3.32 ± 0.03	3.33 ± 0.03	3.33 ± 0.04
Average time (s)	3.42 ± 0.04	3.43 ± 0.04	3.43 ± 0.04
Total time (s)	20.49 ± 0.22	20.58 ± 0.22	20.56 ± 0.24
Percentage decrement score (%)	2.87 ± 0.27	2.98 ± 0.31	2.95 ± 0.35

Values are mean ± SEM.

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Table 3. Effects of **combined static and dynamic** stretching durations on change of direction (COD) performance.

	Condition 1	Condition 2	Condition 3
	(10 s)	(20 s)	(30 s)
Fastest time (s)	6.26 ± 0.09	6.22 ± 0.10	6.15 ± 0.12
Average time (s)	6.41 ± 0.09	6.41 ± 0.11	6.31 ± 0.12
Total time (s)	38.47 ± 0.52	38.47 ± 0.66	37.86 ± 0.71
Percentage decrement score (%)	2.39 ± 0.18	3.09 ± 0.36	2.56 ± 0.22

Values are mean ± SEM.

Table 4. Correlations between acute changes of flexibility and RSA/COD

performances.

	Group 1	Group 2	Group 3	Mean r
	(10 s)	(20 s)	(30 s)	
RSA				
Fastest time (s)	-0.17	0.18	0.21	0.07
Average time (s)	-0.10	0.09	0.25	0.08
Total time (s)	-0.10	0.09	0.25	0.08
Percentage decrement score (%)	0.19	-0.32	0.12	-0.01
COD				
Fastest time (s)	0.21	-0.03	0.05	0.08
Average time (s)	0.20	-0.03	0.07	0.08
Total time (s)	0.20	-0.03	0.07	0.08
Percentage decrement score (%)	-0.15	0.02	0.23	0.03