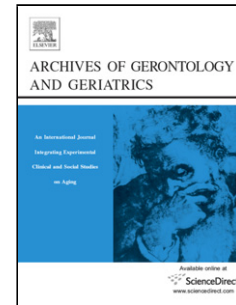


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Running head:

Bilateral deficit related to chair rise time.

Highlights

- BLD in explosive force rather than maximal force is associated to STS performance.
- The impact of BLD on STS depends on the level of physical activity.
- The rise force development is functionally more important than maximal force.

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