COD compared with SL, after HIE (2 sets)

- GM RMS
  - Unclear
- LG RMS
  - Likely lower
- MG RMS
  - Unclear
- BF RMS
  - Unclear
- ST RMS
  - Likely lower
- VM RMS
  - Unclear
- VL RMS
  - Unclear
- AL RMS
  - Unclear
- CMJ height
  - Unclear
- DJ height
  - Very likely similar
- RPE
  - Unclear
- Δ[La]b
  - Possibly higher
- Hbdiff VL
  - Unclear
- Hbdiff BF
  - Almost likely similar
- VO2
  - Unclear

% Differences