

Table 1. Salivary testosterone and performance variables in men and women across the sprint exercise, aggressive video and control treatments. Data are presented as means \pm SD.

	Sample	Sprint exercise			Aggressive video			Control		
		T (pg/ml)	HGS (kg)	CMJ PP (W)	T (pg/ml)	HGS (kg)	CMJ PP (W)	T (pg/ml)	HGS (kg)	CMJ PP (W)
Men	Pre	153 \pm 55	54.8 \pm 7.9	4238 \pm 614	142 \pm 30	54.6 \pm 7.3	4179 \pm 670	145 \pm 36	55.0 \pm 8.2	4128 \pm 618
	Post	180 \pm 49	55.8 \pm 7.7	4222 \pm 636	143 \pm 39	56.3 \pm 7.0	4120 \pm 635	148 \pm 35	55.4 \pm 8.0	4100 \pm 608
	% Δ	20 \pm 34#	1.8 \pm 4.5	2.0 \pm 3.9#†	-1.2 \pm 19	3.3 \pm 5.3	-1.3 \pm 2.0*†	2.1 \pm 21	0.8 \pm 3.1	-0.7 \pm 2.9†
Women	Pre	64 \pm 25	32.9 \pm 5.2	2353 \pm 359	76 \pm 28	32.0 \pm 4.7	2381 \pm 348	72 \pm 21	32.3 \pm 4.6	2394 \pm 374
	Post	72 \pm 19	32.7 \pm 5.3	2311 \pm 361	67 \pm 20	32.1 \pm 4.6	2307 \pm 320	64 \pm 16	32.5 \pm 4.6	2285 \pm 369
	% Δ	15 \pm 26*#	-0.7 \pm 4.7	-1.8 \pm 4.1#	-10.4 \pm 18*	0.2 \pm 3.4	-3.0 \pm 8.0	-10.3 \pm 23	0.6 \pm 2.3	-4.7 \pm 4.6*

Key: T = testosterone; HGS = hand-grip strength; CMJ PP = countermovement jump peak power; Δ = change. *Significant within-treatment change $p < 0.05$; #Significant changes (treatment effect) from the video and control sessions $p < 0.05$; †Significant changes (gender effect) from women $p < 0.05$.