Table 1. *Descriptive Statistics for Cacao and Placebo groups.*

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|  | **Cacao** | **Placebo** |
| Pre-LEFS | 2.0 ± 3.5 | 3.5 ± 5.8 |
| Post-LEFS | 8.2 ± 13.3 | 2.0 ± 3.5 |
| Pre-Quadriceps PPT (lbf) | 27.98 ± 7.88 | 26.00 ± 9.89 |
| Post-Quadriceps PPT (lbf) | 18.89 ± 5.81 | 24.86 ± 10.57 |
| Pre-Hamstrings PPT (lbf) | 30.86 ± 7.86 | 27.50 ± 4.32 |
| Post-Hamstrings PPT (lbf) | 24.74 ± 4.91 | 26.21 ± 12.08 |
| Pre-VJ (inches) | 19.7 ± 5.5 | 22.7 ± 4.3 |
| Post-VJ (inches) | 19.5 ± 4.4 | 21.7 ± 3.6 |