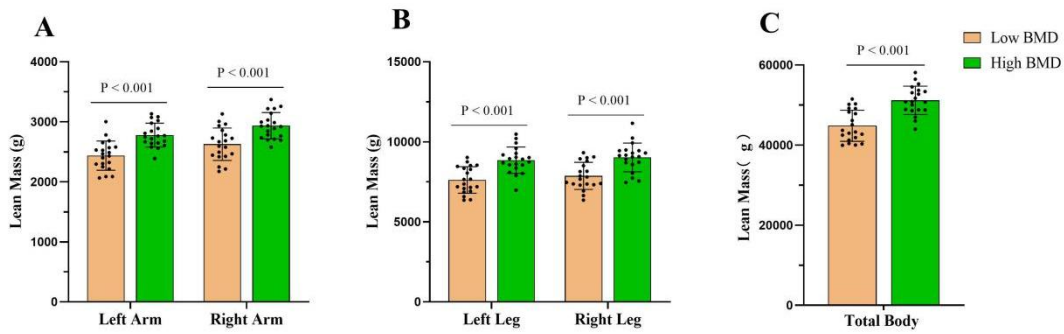
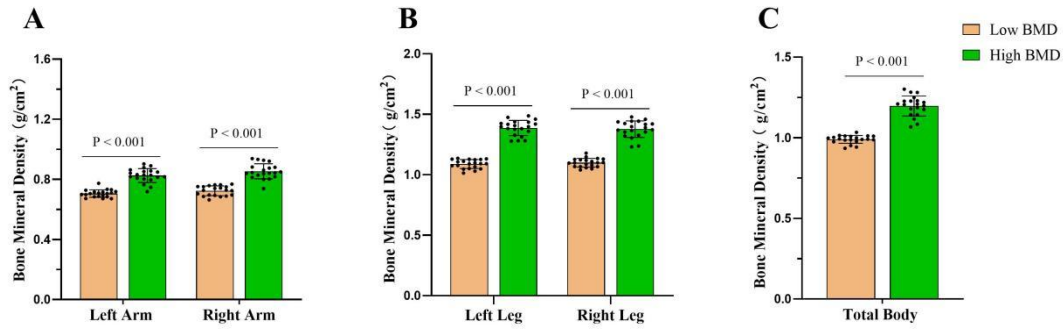


## Figures



**Figure 1 Comparison of lean mass between young men with low and high bone mineral density.** A: Lean mass of upper limb on both sides between the two groups. B: Lean mass of lower limb on both sides between the two groups. C: Lean mass of total body on both sides between the two groups. BMD: Bone mineral density.



**Figure 2 Comparison of bone mineral density between young men with low and high bone mineral density.** A: Bone mineral density of upper limb on both sides between the two groups. B: Bone mineral density of lower limb on both sides between the two groups. C: Bone mineral density of total body on both sides between the two groups. BMD: Bone mineral density.

## Tables

**Table 1 Comparison of upper limb composition and bone health between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n=20)	High BMD (n=20)	P value
Left arm fat mass (g)	775.52 $\pm$ 187.44	945.71 $\pm$ 204.81	0.009274
left arm lean mass (g)	2437.27 $\pm$ 242.93	2799.55 $\pm$ 207.82	0.000011
Left arm fat-free mass (g)	2570.06 $\pm$ 254.90	2978.19 $\pm$ 214.54	0.000003
Left arm overall mass (g)	3345.57 $\pm$ 367.09	3923.88 $\pm$ 280.80	0.000002
Left arm fat percentage (%)	23.01 $\pm$ 3.82	24.00 $\pm$ 4.22	0.443831
Left arm bone area (cm <sup>2</sup> )	188.31 $\pm$ 19.68	215.56 $\pm$ 13.94	0.000011
Left arm bone mineral content (g)	132.78 $\pm$ 13.95	178.64 $\pm$ 11.57	9.8588E-14
Left arm bone mineral density (g/cm <sup>2</sup> )	0.71 $\pm$ 0.02	0.83 $\pm$ 0.04	1.8085E-14
Right arm fat mass (g)	809.96 $\pm$ 185.04	961.33 $\pm$ 206.73	0.019471
Right arm lean mass (g)	2626.84 $\pm$ 270.64	2943.33 $\pm$ 215.95	0.000217
Right arm fat-free mass (g)	2770.35 $\pm$ 289.09	3133.26 $\pm$ 225.25	0.000078
Right arm overall mass (g)	3580.31 $\pm$ 394.88	4094.58 $\pm$ 286.08	0.000032
Right arm fat percentage (%)	22.49 $\pm$ 3.74	23.39 $\pm$ 4.11	0.473202
Right arm bone area (cm <sup>2</sup> )	197.79 $\pm$ 23.06	222.01 $\pm$ 15.34	0.000368
Right arm bone mineral content (g)	143.50 $\pm$ 20.20	189.93 $\pm$ 15.05	5.5137E-10
Right arm bone mineral density (g/cm <sup>2</sup> )	0.72 $\pm$ 0.03	0.86 $\pm$ 0.05	7.8942E-13

BMD: Bone mineral density.

**Table 2 Comparison of lower limb composition and bone health between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n=20)	High BMD (n=20)	P value
Left leg fat mass (g)	2825.66 $\pm$ 625.64	3346.23 $\pm$ 627.28	0.012328
Left leg lean mass (g)	7619.47 $\pm$ 828.71	8884.63 $\pm$ 820.32	0.000021
Left leg fat-free mass (g)	8002.67 $\pm$ 855.97	9427.94 $\pm$ 849.47	0.000005
Left leg overall mass (g)	10828.33 $\pm$ 1318.75	12774.16 $\pm$ 1239.72	0.000005
Left leg fat percentage (%)	25.89 $\pm$ 3.57	26.08 $\pm$ 3.26	0.861416
Left leg bone area (cm <sup>2</sup> )	352.07 $\pm$ 29.48	391.29 $\pm$ 23.73	0.000045
Left leg bone mineral content (g)	383.19 $\pm$ 34.93	543.32 $\pm$ 41.48	8.9565E-16
Left leg bone mineral density (g/cm <sup>2</sup> )	1.09 $\pm$ 0.04	1.39 $\pm$ 0.06	6.2627E-21
Right leg fat mass (g)	2859.92 $\pm$ 595.83	3435.14 $\pm$ 708.40	0.008428
Right leg lean mass (g)	7871.40 $\pm$ 846.44	9016.27 $\pm$ 896.31	0.000179
Right leg fat-free mass (g)	8257.29 $\pm$ 879.05	9553.59 $\pm$ 929.81	0.000057
Right leg overall mass (g)	11117.22 $\pm$ 1309.92	12988.73 $\pm$ 1414.73	0.000101
Right leg fat percentage (%)	25.57 $\pm$ 3.27	26.29 $\pm$ 3.32	0.493800
Right leg bone area (cm <sup>2</sup> )	351.01 $\pm$ 34.09	388.82 $\pm$ 24.78	0.000272
Right leg bone mineral content (g)	385.90 $\pm$ 41.86	537.32 $\pm$ 45.80	2.8385E-13
Right leg bone mineral density (g/cm <sup>2</sup> )	1.10 $\pm$ 0.04	1.38 $\pm$ 0.06	5.3318E-20

BMD: Bone mineral density.

**Table 3 Comparison of trunk composition and bone health between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n = 20)	High BMD (n = 20)	P value
Trunk fat mass (g)	6652.34 $\pm$ 1486.67	7915.93 $\pm$ 1333.12	0.007398
Trunk lean mass (g)	21137.79 $\pm$ 1743.09	24192.21 $\pm$ 1778.35	0.000003
Trunk bone mineral content (g)	558.32 $\pm$ 43.96	828.76 $\pm$ 49.82	2.3283E-20
Trunk fat-free mass (g)	21696.12 $\pm$ 1773.10	25020.98 $\pm$ 1789.99	7.7678E-7
Trunk overall mass (g)	28348.46 $\pm$ 2740.03	32936.90 $\pm$ 2463.52	0.000002
Trunk fat percentage (%)	23.31 $\pm$ 3.44	24.55 $\pm$ 3.09	0.536576
Left subcostal bone area (cm <sup>2</sup> )	129.31 $\pm$ 12.73	138.28 $\pm$ 12.35	0.029474
Left subcostal bone mineral content (g)	80.73 $\pm$ 8.93	108.37 $\pm$ 13.76	4.6174E-9
Left subcostal bone mineral density (g/cm <sup>2</sup> )	0.62 $\pm$ 0.03	0.78 $\pm$ 0.04	8.4478E-16
Right subcostal bone area (cm <sup>2</sup> )	133.21 $\pm$ 15.68	142.44 $\pm$ 12.28	0.045150
Right subcostal bone mineral content (g)	81.04 $\pm$ 10.62	110.69 $\pm$ 11.10	1.7223E-10
Right subcostal bone mineral density (g/cm <sup>2</sup> )	0.61 $\pm$ 0.04	0.78 $\pm$ 0.04	8.1484E-16
Thoracic vertebral bone area (cm <sup>2</sup> )	126.90 $\pm$ 9.92	138.77 $\pm$ 11.72	0.001365
Thoracic vertebral bone mineral content (g)	97.53 $\pm$ 10.83	138.70 $\pm$ 13.19	3.9886E-13
Thoracic vertebral bone mineral density (g/cm <sup>2</sup> )	0.77 $\pm$ 0.05	1.00 $\pm$ 0.06	6.7874E-15
Lumbar vertebral bone area (cm <sup>2</sup> )	60.09 $\pm$ 5.75	65.47 $\pm$ 8.49	0.024297
Lumbar vertebral bone mineral content (g)	58.20 $\pm$ 7.41	78.39 $\pm$ 10.03	1.1565E-8
Lumbar vertebral bone mineral density (g/cm <sup>2</sup> )	0.97 $\pm$ 0.08	1.20 $\pm$ 0.09	1.8425E-10
Pelvic bone area (cm <sup>2</sup> )	235.37 $\pm$ 23.82	286.78 $\pm$ 18.20	3.1052E-9
Pelvic bone mineral content (g)	240.84 $\pm$ 22.26	392.60 $\pm$ 32.14	1.1665E-19
Pelvic bone mineral density (g/cm <sup>2</sup> )	1.03 $\pm$ 0.06	1.37 $\pm$ 0.10	1.3292E-15

BMD: Bone mineral density.

**Table 4 Comparison of total body composition and bone health between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n=20)</b>	<b>High BMD (n=20)</b>	<b>P value</b>
Height (cm)	176.15 $\pm$ 5.16	178.60 $\pm$ 5.17	0.142182
Age-matched Z scores	-1.95 $\pm$ 0.98	0.73 $\pm$ 0.33	5.797E-14
Fat mass (g)	15138.68 $\pm$ 2934.44	17934.59 $\pm$ 2931.64	0.004568
Lean mass (g)	44836.51 $\pm$ 3899.54	51262.15 $\pm$ 3581.27	0.000003
Fat-free mass (g)	46847.82 $\pm$ 4038.82	54071.30 $\pm$ 3655.75	7.1018E-7
Overall mass (g)	61986.49 $\pm$ 6120.16	72005.89 $\pm$ 5350.26	0.000003
Fat percentage (%)	24.28 $\pm$ 2.95	24.84 $\pm$ 2.91	0.545678
Bone area (cm <sup>2</sup> )	2030.02 $\pm$ 146.48	2161.97 $\pm$ 140.96	0.006126
Bone mineral content (g)	2011.32 $\pm$ 169.17	2602.51 $\pm$ 233.95	3.7139E-11
Bone mineral density (g/cm <sup>2</sup> )	0.99 $\pm$ 0.02	1.20 $\pm$ 0.05	2.8277E-18

BMD: Bone mineral density.

**Table 5 Comparison of LM distribution between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n=20)</b>	<b>High BMD (n=20)</b>	<b>P value</b>
Fat mass/height <sup>2</sup> (kg/m <sup>2</sup> )	4.85 $\pm$ 1.01	5.70 $\pm$ 0.88	0.007711
Lean mass/height <sup>2</sup> (kg/m <sup>2</sup> )	14.41 $\pm$ 0.91	16.19 $\pm$ 0.55	5.8297E-9
Limb lean mass/height <sup>2</sup> (kg/m <sup>2</sup> )	6.62 $\pm$ 0.48	7.46 $\pm$ 0.33	1.4849E-7
Muscle-to-bone ratio	22.32 $\pm$ 1.18	19.82 $\pm$ 2.01	0.000025
Soft tissue-to-bone ratio	29.85 $\pm$ 2.12	26.79 $\pm$ 3.15	0.000883

BMD: Bone mineral density.

**Table 6 Comparison of interlimb symmetry between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n=20)</b>	<b>High BMD (n=20)</b>	<b>P value</b>
Left-right upper limb fat-free mass difference (g)	200.82 $\pm$ 124.93	190.89 $\pm$ 96.91	0.780328
Left-right lower limb fat-free mass difference (g)	322.61 $\pm$ 255.12	313.35 $\pm$ 222.26	0.903181
Upper-to-lower limb fat-free mass ratio	0.33 $\pm$ 0.02	0.32 $\pm$ 0.03	0.453071
Upper-to-lower limb lean mass ratio	0.33 $\pm$ 0.02	0.32 $\pm$ 0.03	0.491501
Upper-to-lower limb overall mass ratio	0.32 $\pm$ 0.02	0.31 $\pm$ 0.02	0.641216
Upper-to-lower limb fat mass ratio	0.28 $\pm$ 0.03	0.28 $\pm$ 0.03	0.788387

BMD: Bone mineral density.

**Table 7 Comparison of shoulder muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n = 20)	High BMD (n = 20)	P value
Left shoulder abduction absolute peak torque (N·m)	39.69 $\pm$ 8.36	53.41 $\pm$ 9.99	0.000033
Right shoulder abduction absolute peak torque (N·m)	38.93 $\pm$ 6.98	55.54 $\pm$ 10.46	7.6108E-7
Left shoulder abduction relative peak moment (N·m/kg)	61.70 $\pm$ 10.95	72.11 $\pm$ 14.15	0.013099
Right shoulder abduction relative peak moment (N·m/kg)	60.70 $\pm$ 9.54	72.01 $\pm$ 12.55	0.002721
Left shoulder abduction total work (J)	293.02 $\pm$ 81.84	404.52 $\pm$ 82.57	0.000119
Right shoulder abduction total work (J)	283.35 $\pm$ 78.58	426.24 $\pm$ 94.74	0.000007
Left shoulder abduction average power (W)	26.88 $\pm$ 6.21	36.56 $\pm$ 7.16	0.000050
Right shoulder abduction average power (W)	25.96 $\pm$ 5.01	38.27 $\pm$ 8.14	0.000001
Left shoulder adduction absolute peak torque(N·m)	58.22 $\pm$ 15.05	71.45 $\pm$ 14.43	0.007250
Right shoulder adduction absolute peak torque(N·m)	58.92 $\pm$ 12.54	75.57 $\pm$ 20.05	0.003176
Left shoulder adduction relative peak moment (N·m/kg)	90.35 $\pm$ 20.14	100.50 $\pm$ 26.47	0.180112
Right shoulder adduction relative peak moment (N·m/kg)	91.67 $\pm$ 17.13	100.55 $\pm$ 24.46	0.191186
Left shoulder adduction total work (J)	396.49 $\pm$ 126.23	524.24 $\pm$ 124.69	0.002626
Right shoulder adduction total work (J)	418.03 $\pm$ 109.61	551.63 $\pm$ 158.96	0.003692
Left shoulder adduction average power (W)	36.24 $\pm$ 10.54	45.90 $\pm$ 10.78	0.006757
Right shoulder adduction average power (W)	37.37 $\pm$ 9.23	48.76 $\pm$ 14.43	0.005084

BMD: Bone mineral density.

**Table 8 Comparison of elbow muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n = 20)</b>	<b>High BMD (n = 20)</b>	<b>P value</b>
Left elbow extension absolute peak torque (N·m)	41.48 $\pm$ 10.78	46.96 $\pm$ 9.16	0.091045
Right elbow extension absolute peak torque (N·m)	42.05 $\pm$ 11.57	45.94 $\pm$ 11.76	0.298921
Left elbow extension relative peak moment (N·m/kg)	64.71 $\pm$ 16.29	62.74 $\pm$ 11.78	0.662834
Right elbow extension relative peak moment (N·m/kg)	66.03 $\pm$ 20.41	61.25 $\pm$ 14.34	0.396833
Left elbow extension total work (J)	255.83 $\pm$ 65.30	278.31 $\pm$ 71.27	0.304884
Right elbow extension total work (J)	272.17 $\pm$ 67.94	255.95 $\pm$ 94.65	0.537667
Left elbow extension average power (W)	28.69 $\pm$ 8.23	32.21 $\pm$ 6.98	0.152246
Right elbow extension average power (W)	28.64 $\pm$ 6.23	30.29 $\pm$ 9.29	0.514765
Left elbow flexion absolute peak torque(N·m)	41.55 $\pm$ 7.22	46.61 $\pm$ 8.16	0.044684
Right elbow flexion absolute peak torque(N·m)	45.00 $\pm$ 7.81	45.96 $\pm$ 8.53	0.712578
Left elbow flexion relative peak moment (N·m/kg)	64.83 $\pm$ 10.82	62.63 $\pm$ 11.74	0.542216
Right elbow flexion relative peak moment (N·m/kg)	69.99 $\pm$ 10.42	61.52 $\pm$ 11.54	0.019650
Left elbow flexion total work (J)	279.84 $\pm$ 53.39	302.39 $\pm$ 75.32	0.281590
Right elbow flexion total work (J)	314.01 $\pm$ 66.21	302.02 $\pm$ 86.38	0.625064
Left elbow flexion average power (W)	30.09 $\pm$ 5.97	35.18 $\pm$ 6.42	0.013341
Right elbow flexion average power (W)	32.50 $\pm$ 6.23	33.92 $\pm$ 9.46	0.578295

BMD: Bone mineral density.

**Table 9 Comparison of wrist muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n = 20)	High BMD (n = 20)	<i>P</i> value
Left wrist extension absolute peak torque (N·m)	15.16 $\pm$ 3.25	15.37 $\pm$ 4.61	0.868164
Right wrist extension absolute peak torque (N·m)	14.92 $\pm$ 4.03	18.30 $\pm$ 5.65	0.035487
Left wrist extension relative peak moment (N·m/kg)	23.77 $\pm$ 5.48	20.76 $\pm$ 6.74	0.129282
Right wrist extension relative peak moment (N·m/kg)	23.32 $\pm$ 6.18	24.89 $\pm$ 8.83	0.516897
Left wrist extension total work (J)	86.95 $\pm$ 30.92	77.21 $\pm$ 31.19	0.327659
Right wrist extension total work (J)	87.44 $\pm$ 33.74	90.70 $\pm$ 38.79	0.777912
Left wrist extension average power (W)	8.72 $\pm$ 2.08	8.89 $\pm$ 3.21	0.844556
Right wrist extension average power (W)	9.61 $\pm$ 2.70	10.56 $\pm$ 3.65	0.355107
Left wrist flexion absolute peak torque(N·m)	16.62 $\pm$ 4.41	17.99 $\pm$ 4.79	0.349511
Right wrist flexion absolute peak torque(N·m)	18.40 $\pm$ 3.41	19.22 $\pm$ 5.31	0.561351
Left wrist flexion relative peak moment (N·m/kg)	26.07 $\pm$ 6.89	24.81 $\pm$ 8.31	0.603255
Right wrist flexion relative peak moment (N·m/kg)	28.79 $\pm$ 5.33	26.20 $\pm$ 8.79	0.267299
Left wrist flexion total work (J)	102.19 $\pm$ 33.24	89.69 $\pm$ 33.21	0.241693
Right wrist flexion total work (J)	102.89 $\pm$ 22.74	96.20 $\pm$ 30.27	0.434823
Left wrist flexion average power (W)	10.74 $\pm$ 2.57	10.57 $\pm$ 3.38	0.859608
Right wrist flexion average power (W)	11.13 $\pm$ 1.90	11.02 $\pm$ 2.84	0.882849

BMD: Bone mineral density.

**Table 10 Comparison of hip muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n = 20)</b>	<b>High BMD (n = 20)</b>	<b>P value</b>
Left hip extension absolute peak torque (N·m)	136.29 $\pm$ 54.06	201.97 $\pm$ 46.95	0.000208
Right hip extension absolute peak torque (N·m)	135.54 $\pm$ 46.10	212.43 $\pm$ 51.19	0.000214
Left hip extension relative peak moment (N·m/kg)	212.30 $\pm$ 81.05	272.80 $\pm$ 68.59	0.014992
Right hip extension relative peak moment (N·m/kg)	210.99 $\pm$ 67.67	284.92 $\pm$ 69.84	0.001597
Left hip extension total work (J)	400.64 $\pm$ 194.88	684.87 $\pm$ 215.94	0.001597
Right hip extension total work (J)	434.12 $\pm$ 186.40	725.24 $\pm$ 250.02	0.000093
Left hip extension average power (W)	73.81 $\pm$ 37.74	117.58 $\pm$ 34.70	0.000168
Right hip extension average power (W)	75.35 $\pm$ 33.50	124.51 $\pm$ 39.20	0.000128
Left hip flexion absolute peak torque(N·m)	90.70 $\pm$ 22.76	129.05 $\pm$ 27.76	0.000026
Right hip flexion absolute peak torque(N·m)	94.93 $\pm$ 26.42	137.96 $\pm$ 32.09	0.000042
Left hip flexion relative peak moment (N·m/kg)	142.82 $\pm$ 39.09	173.05 $\pm$ 35.56	0.014625
Right hip flexion relative peak moment (N·m/kg)	149.39 $\pm$ 45.88	185.64 $\pm$ 43.96	0.014861
Left hip flexion total work (J)	278.90 $\pm$ 86.75	442.18 $\pm$ 114.12	0.000010
Right hip flexion total work (J)	323.97 $\pm$ 93.45	472.93 $\pm$ 142.47	0.000369
Left hip flexion average power (W)	48.89 $\pm$ 15.00	74.55 $\pm$ 21.68	0.000098
Right hip flexion average power (W)	54.13 $\pm$ 16.49	78.04 $\pm$ 24.83	0.000938

BMD: Bone mineral density.

**Table 11 Comparison of knee muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	Low BMD (n=20)	High BMD (n=20)	<i>P</i> value
Left knee extension absolute peak torque (N·m)	179.73 $\pm$ 31.64	227.91 $\pm$ 49.37	0.000731
Right knee extension absolute peak torque (N·m)	185.73 $\pm$ 22.55	229.25 $\pm$ 50.94	0.001227
Left knee extension relative peak moment (N·m/kg)	280.81 $\pm$ 49.86	303.53 $\pm$ 51.52	0.164680
Right knee extension relative peak moment (N·m/kg)	290.48 $\pm$ 37.99	305.12 $\pm$ 54.20	0.328654
Left knee extension total work (J)	840.92 $\pm$ 217.12	1094.56 $\pm$ 287.44	0.003187
Right knee extension total work (J)	770.02 $\pm$ 152.99	1072.88 $\pm$ 305.87	0.000318
Left knee extension average power (W)	105.87 $\pm$ 22.72	133.04 $\pm$ 26.83	0.001364
Right knee extension average power (W)	104.16 $\pm$ 17.20	134.08 $\pm$ 33.58	0.001056
Left knee flexion absolute peak torque(N·m)	96.34 $\pm$ 17.06	116.58 $\pm$ 20.17	0.001478
Right knee flexion absolute peak torque(N·m)	108.00 $\pm$ 31.65	165.45 $\pm$ 38.18	0.000008
Left knee flexion relative peak moment (N·m/kg)	150.71 $\pm$ 28.33	154.06 $\pm$ 18.82	0.661597
Right knee flexion relative peak moment (N·m/kg)	168.09 $\pm$ 45.54	221.10 $\pm$ 43.83	0.000588
Left knee flexion total work (J)	517.95 $\pm$ 138.84	665.16 $\pm$ 131.57	0.001420
Right knee flexion total work (J)	539.17 $\pm$ 138.88	692.38 $\pm$ 160.63	0.002578
Left knee flexion average power (W)	63.68 $\pm$ 16.22	77.76 $\pm$ 13.89	0.005422
Right knee flexion average power (W)	66.78 $\pm$ 13.38	84.64 $\pm$ 19.52	0.001715

BMD: Bone mineral density.

**Table 12 Comparison of ankle muscle strength between young men with low and high bone mineral density, mean  $\pm$  SD**

	<b>Low BMD (n=20)</b>	<b>High BMD (n=20)</b>	<b>P value</b>
Left plantar flexion absolute peak torque (N·m)	79.77 $\pm$ 21.61	86.80 $\pm$ 16.87	0.258932
Right plantar flexion absolute peak torque (N·m)	84.51 $\pm$ 26.45	90.37 $\pm$ 17.76	0.415875
Left plantar flexion relative peak moment (N·m/kg)	124.50 $\pm$ 31.48	116.77 $\pm$ 22.75	0.379310
Right plantar flexion relative peak moment (N·m/kg)	131.92 $\pm$ 39.23	121.28 $\pm$ 22.95	0.301732
Left plantar flexion total work (J)	230.86 $\pm$ 93.55	268.94 $\pm$ 66.09	0.145309
Right plantar flexion total work (J)	264.06 $\pm$ 126.68	287.27 $\pm$ 94.02	0.514531
Left plantar flexion average power (W)	37.82 $\pm$ 12.68	40.00 $\pm$ 9.13	0.537167
Right plantar flexion average power (W)	42.05 $\pm$ 13.92	42.11 $\pm$ 11.16	0.988079
Left dorsiflexion absolute peak torque(N·m)	45.46 $\pm$ 10.29	46.29 $\pm$ 12.31	0.818294
Right dorsiflexion absolute peak torque(N·m)	45.63 $\pm$ 8.77	45.76 $\pm$ 14.37	0.972625
Left dorsiflexion relative peak moment (N·m/kg)	71.14 $\pm$ 15.05	62.67 $\pm$ 17.71	0.111111
Right dorsiflexion relative peak moment (N·m/kg)	71.83 $\pm$ 15.36	61.64 $\pm$ 20.07	0.079290
Left dorsiflexion total work (J)	195.05 $\pm$ 48.00	186.64 $\pm$ 54.19	0.606203
Right dorsiflexion total work (J)	177.98 $\pm$ 60.71	195.75 $\pm$ 79.44	0.431730
Left dorsiflexion average power (W)	29.11 $\pm$ 5.58	27.08 $\pm$ 6.15	0.281309
Right dorsiflexion average power (W)	27.24 $\pm$ 6.49	27.86 $\pm$ 9.22	0.807012

BMD: Bone mineral density