

Supplementary Table 1 Characteristics of the participants, body composition and physical fitness

<i>Variables</i>	mean $\pm$ S.D. or number
Age, year	57.3 $\pm$ 7.6
Gender	
Male / female	49 / 1
<i>Body composition</i>	
<u>Morphomics_T11 Spine Level</u>	
BMD, HU	160 $\pm$ 54.02
SF area, mm ²	7519.68 $\pm$ 3693.62
SF density, HU	-84.74 $\pm$ 9.48
VF area, mm ²	8144.98 $\pm$ 3506.72
VF density, HU	-90.88 $\pm$ 7.67
DMG volume, mm ³	74682.86 $\pm$ 18694.72
DMG area, mm ²	2861.04 $\pm$ 672.48
DMG density, HU	54.6 $\pm$ 10.63
<u>Bioelectrical impedance analysis</u>	
MM, Tr, kg	23.9 $\pm$ 3.1
MM, RA, kg	3.0 $\pm$ 0.5
MM, LA, kg	2.9 $\pm$ 0.5
MM, RL, kg	8.1 $\pm$ 1.3
MM, LL, kg	8.0 $\pm$ 1.2
ASM, kg	22.0 $\pm$ 3.4
ASMI, kg/m ²	8.2 $\pm$ 3.9
Body fat, %	23.5 $\pm$ 7.2

FFM, kg	50.4 ± 7.0
LBM, kg	47.2 ± 7.6
SMM, kg	28.1 ± 4.2
BCM, kg	33.0 ± 4.6
Hand grip strength, kg	41.9 ± 9.0
Cardiopulmonary exercise testing	
predicted peak $\dot{V}O_2$, %	74 ± 16
Peak WR, watt	103 ± 24
Peak $\dot{V}O_2$, ml/min	1306 ± 285
Peak $\dot{V}O_2$ /BW, ml/min/kg	20.0 ± 4.3
VAT WR, watt	42 ± 14
VAT, ml/min	721 ± 171
VAT/BW, ml/min/kg	11.1 ± 2.8
EqO ₂ nadir	27.2 ± 3.6
EqCO ₂ nadir	29.6 ± 3.8
OUES, (L/min)/log(L/min)	652 ± 131
$\dot{V}e$ - $\dot{V}CO_2$ slope	30.0 ± 5.1
Peak respiratory exchange ratio	1.20 ± 0.11
age-predicted maximal heart rate, %	87 ± 13

ASM: appendicular skeletal muscle; ASMI: appendicular skeletal muscle index; BW: body weight; BCM: body cell mass; BMD: bone mineral density; DMG: dorsal muscle group; EqO₂: ventilatory equivalent for O₂; EqCO₂: ventilatory equivalent for CO₂; FFM: fat free mass; HGS: hand grip strength; LA: left arm; LL: left leg; LBM: lean body mass; MM: muscle mass; OUES: oxygen uptake efficiency slope; RA: right arm; RL: right leg; SMM: skeletal muscle mass; SF: subcutaneous fat; TR: trunk; $\dot{V}O_2$: oxygen consumption; VAT: ventilatory anaerobic threshold; VF: visceral fat; WR: work rate

Supplementary Table 2 Variance inflation factors of the eight morphomic parameters

Variables	VIF	Lower 95%CI	Upper 95%CI
Bone mineral density	1.17	1.03	1.92
Subcutaneous fat area	2.67	1.95	3.92
Subcutaneous fat density	1.88	1.45	2.72
Visceral fat area	3.14	2.26	4.64
Visceral fat density	1.37	1.14	2.02
Dorsal muscle group volume	4.35	3.04	6.50
Dorsal muscle group area	4.38	3.06	6.54
Dorsal muscle group density	1.61	1.28	2.33
VIF: variance inflation factors			