

## Tables Legend

**Table 1:** Anthropometric characteristics of the subjects.  $\Delta$  F/M (%): difference between female and male subjects expressed as in % of the value of male students.

**Table 2:** Absolute and relative (to body mass: BM and to lean mass: LM) hand gripping and back strength performances of male and female subjects. Data presentation as in Table 1.

**Table 3:** Performances of male and female subjects after ballasting. Data presentation as in Table 1.  $\Delta$  F/wM (%): difference between female and weighted male students expressed as in % of the value of weighted male students.

**Table 1**

<b>Groups</b>	<b>Body mass (kg)</b>	<b>Height (m)</b>	<b>BMI (kg/m<sup>2</sup>)</b>	<b>Body fat (%)</b>
<b>Male (n=72)</b>	72.8±7	1.75±0.05	23.5±2	17.2±1.8
<b>Female (n=64)</b>	61.4±7	1.62±0.05	23.23±2.01	25.0±2.5
<b><math>\Delta</math> F/M (in %)</b>	15.7 P<0.001	7.4 P<0.001	0.9 NS	-45.5 P<0.001

**Table 2**

<b>Tests Groups</b>	<b>Hand grip (HG) (kg)</b>	<b>Hand grip relative to body mass (HG/BM)</b>	<b>Hand grip relative to lean mass (HG/LM)</b>	<b>Back strength (BS) (kg)</b>	<b>Back strength relative to body mass (BS /MC)</b>	<b>Back strength relative to lean mass (BS/MM)</b>
<b>Male (n=72)</b>	44.0±5	0.6±0.08	0.74±0.10	141.0±18	2±0.26	2.4±0.3
<b>Female (n=64)</b>	31.0±4	0.5±0.06	0.67±0.06	81.6±13	1.3±0.2	2±0.2
<b>Δ F/M (%)</b>	30.8	18.03	9.46	43.7	31.1	15.7
	p<0.001	p<0.001	p<0.01	p<0.001	p<0.001	p<0.01

Table 3

<b>Tests</b> <b>Groups</b>	<b>5JT</b> <b>(m)</b>	<b>SJ</b>	
		<b>Height</b> <b>(cm)</b>	<b>Power</b> <b>(Watt/kg)</b>
<b>Male</b>	11.4±0.5	32.4±2.7	15.8±1.40
<b>weighted Male</b>	9.9±0.5	27.8±2.5	12.8±1
<b>Female</b>	8.7±0.71	21.1±1.9	11.9±1.1
<b>Δ M/F (%)</b>	23.5	34.7	24.9
<b>Male vs. Female</b>	P<0.001	P<0.001	P<0.001
<b>Δ F/wM (%)</b>	11,7	23.8	7.0
<b>Female vs</b> <b>weighted Male</b>	P<0.001	P<0.001	P<0.001
<b>Δ reduction (%)</b>  <b>Male vs. Female</b>  (after cancelling the sex difference in fat mass)	50,1	31,4	71,7
<b>Δ wM/M (%)</b>	13.3	14.3	19.2
<b>Male vs. weighted</b> <b>Male</b>	P<0.05	P<0.01	P<0.05