

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

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

Table 2

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

Table 3

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