**Table SDC** **2. Strength and Body Fat Correlation Analyses.**

Relative strength and body fat percentage associations with cardiovascular and metabolic phenotypes that differed between the groups.

Significant associations were bolded if p-value≤ 0.001.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcomes** | **Relative Strength** | | **Percent Body Fat** | |
| **R-Value** | **P-value** | **R-Value** | **P-Value** |
| **PWV (m/s)** | -0.11 | 0.242 | 0.14 | 0.143 |
| **AIx** | -0.02 | 0.885 | 0.12 | 0.247 |
| **SEVR** | **0.37** | **<0.0001** | **-0.47** | **<0.0001** |
| **cSBP (mmHg)** | -0.18 | 0.081 | 0.29 | 0.005 |
| **cDBP (mmHg)** | -0.18 | 0.082 | 0.26 | 0.019 |
| **bSBP (mmHg)** | -0.18 | 0.085 | **0.32** | **0.001** |
| **bDBP (mmHg)** | -0.22 | 0.032 | 0.29 | 0.008 |
| **Heart Rate (bpm)** | -0.22 | 0.029 | **0.33** | **<0.0001** |
| **Cholesterol (mg/dL)** | -0.21 | 0.045 | 0.28 | 0.004 |
| **HDL (mg/dL)** | **0.40** | **<0.0001** | **-0.51** | **<0.0001** |
| **LDL (mg/dL)** | -0.24 | 0.025 | **0.33** | 0.002 |
| **TG (mg/dL)** | **-0.43** | **<0.0001** | **0.55** | **<0.0001** |
| **oxLDL (U/L)** | **-0.40** | **<0.0001** | **0.52** | **<0.0001** |
| **CRP (mg/L)** | -0.28 | 0.012 | 0.36 | 0.009 |
| **MPO (ng/mL)** | **0.29** | **<0.0001** | **-0.38** | **<0.0001** |
| **Fasting Glucose (mg/dL)** | **-0.32** | **0.001** | **0.49** | **<0.0001** |
| **Fasting Insulin (mU/mL)** | -0.28 | 0.004 | **0.59** | **<0.0001** |
| **HOMA** | 0.16 | 0.218 | **0.62** | **<0.0001** |
| **QUICKI** | 0.23 | 0.061 | **-0.42** | **<0.0001** |
| **Leptin (pM)** | -0.39 | 0.003 | **0.64** | **<0.0001** |
| **Adiponectin (ng/mL)** | 0.13 | 0.161 | -0.24 | 0.003 |
| **Total Amylin (pmol/L)** | **-0.33** | **0.001** | **0.52** | **<0.0001** |
| **SHBG (nmol/L)** | **0.47** | **<0.0001** | **-0.61** | **<0.0001** |
| **Testosterone (ng/dL)** | 0.25 | 0.006 | **-0.36** | **<0.0001** |
| **FAI** | **-0.46** | **<0.0001** | **0.52** | **<0.0001** |

PWV: pulse wave velocity; AIx: aortic augmentation index; SEVR: sub-endocardial viability ratio; cSBP: central systolic blood pressure; cDBP: central diastolic blood pressure; bSBP: brachial systolic blood pressure; bDBP: brachial diastolic blood pressure; HDL: high-density lipoproteins; LDL: low-density lipoproteins; TG: triglyceride; oxLDL: oxidized low-density lipoproteins; HOMA: homeostasis model assessment; QUICKI: quantitative insulin sensitivity check index; SHBG: sex hormone-binding globulin; FAI: free androgen index (ratio calculated by 100\*(total testosterone/SHBG)).