**Supplementary Digital Content 2**

Table S2. Factor loadings from principal components factor analysis to derive the childhood combined muscular fitness variable.

|  |  |  |
| --- | --- | --- |
| Childhood combined muscular fitness component |  | Factor 1 |
| Left grip strength |  | 0.420 |
| Right grip strength |  | 0.420 |
| Shoulder pull |  | 0.407 |
| Shoulder push |  | 0.397 |
| Leg strength |  | 0.397 |
| Push-ups |  | 0.194 |
| Standing long jump |  | 0.360 |
| Total variance explained, % |  | 73.3 |