Table 1. Participant descriptive characteristics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>36</td>
<td>19</td>
<td>17</td>
</tr>
<tr>
<td>Age (years)</td>
<td>22.0 ± 4.2</td>
<td>22.5 ± 5.5</td>
<td>21.5 ± 2.3</td>
</tr>
<tr>
<td>Stature (m)</td>
<td>1.7 ± 0.1</td>
<td>1.8 ± 0.1</td>
<td>1.7 ± 0.1*</td>
</tr>
<tr>
<td>Body mass (kg)</td>
<td>69.3 ± 13.5</td>
<td>77.4 ± 12.0</td>
<td>60.4 ± 8.6*</td>
</tr>
<tr>
<td>BMI (kg·m⁻²)</td>
<td>23.3 ± 3.5</td>
<td>24.5 ± 4.0</td>
<td>21.8 ± 2.4*</td>
</tr>
<tr>
<td>Waist circumference (m)</td>
<td>0.8 ± 0.1</td>
<td>0.8 ± 0.1</td>
<td>0.7 ± 0.1*</td>
</tr>
</tbody>
</table>

*Note. Mean ± SD. *P < 0.05