

Supplementary Table S1. Anthropometric and bioelectrical characteristics of pathological samples and athletes

Group	Men				Women					
	Obesity (n=15)		Athletes* (n=11)		Obesity (n=37)		Anorexia (n=4)		Athletes* (n=5)	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Age (years)	53.5	10.4	34.7	4.9	51.8	11.5	32.5	12.7	37.3	5.4
Height (cm)	176.0	4.8	164.9	12.2	162.6	5.5	166.3	9.0	163.6	3.4
Weight (kg)	118.7	10.9	70.0	9.0	95.9	14.9	31.7	2.8	58.2	1.9
BMI (kg/m ²)	38.4	4.2	24.2	1.9	36.3	5.7	11.5	0.9	21.8	0.7
Waist crf (cm)	127.6	11.1	76.0	4.1	111.8	12.2	51.4	0.9	67.9	3.7
Arm crf (cm)	39.9	3.5	32.3	3.0	39.3	3.6	14.7	0.9	26.6	1.3
Calf crf (cm)	45.5	3.5	34.7	3.5	45.0	4.2	23.9	1.1	35.6	1.0
Rsp (Ω cm)	615.7	75.2	284.7	32.2	691.0	84.3	195.3	21.7	281.5	15.3
Xcsp (Ω cm)	58.3	9.2	40.5	5.6	63.7	10.6	13.8	2.2	33.4	2.0
Zsp (Ω cm)	618.4	75.5	287.6	32.6	694.0	84.7	196.1	21.8	283.5	15.0
PhA (°)	5.4	0.6	8.1	0.5	5.3	0.5	4.0	0.3	6.8	0.7

Legend: BMI: body mass index; crf: circumference; Rsp: *specific* resistance; Xcsp: *specific* reactance; Zsp: *specific* impedance; PhA: phase angle; SD: standard deviation

*Data refer to elite strength athletes, identified within the general sample, engaged in bodybuilding, streetlifting, and tennis