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Paper:

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Table 1. Participant descriptive characteristics

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

Note. Mean ± SD. *P < 0.05