

Table 1*Anthropometrical characteristics of males and females*

Variable	Males, n = 44	Females, n = 87
Height, cm**	176.0 (39)↓	166.0 (40.5)
Weight, kg*	74.3 (129.3)	61.4 (94.9)
Waist circumference, cm*	80.0 (102.1)	74.0 (73.0)
Hip circumference, cm	97.0 (63.2)	95.4 (69.0)
WHR***	0.85 (0.4)	0.74 (0.46)
BMI, kg/m ² *	23.0 (40.6)	22.0 (31.0)
WHtR*	0.45 (0.57)	0.42 (0.45)
Body fat mass, kg (BIA)*	11.8 (87.5)	17.15 (66.2)
Body fat, % (BIA) **	16.1 (45.5)	28.3 (39.0)
Lean mass, kg (BIA) ***	62.2 (45.3)	44.7 (30.8)

*p-value < .05 **p-value < .01, ***p-value < 0.01, ↓ Median (interquartile range)