**Table 1.** Baseline characteristics of participants

|  |  |
| --- | --- |
| Variables (\*Mean ± SE) | Total (n=17) |
|  |  |
| Age (years) | 50 ± 11.0 |
| Sex (female/male) % | 88.2/11.8 |
| Body weight (kg) | 106 ± 17.5 |
| BMI (kg/m2) | 42.6 ± 5.00 |
| Waist circumference (cm) | 123 ± 12.0 |
| Handgrip (Kg) | 20.4 ± 6.44 |
| Sit-to-stand test (s) | 12.6 ± 3.55 |
| Fat mass (Kg) | 46.3 ± 15.11 |
| Body fat (%) | 47.1 ± 3.90 |
| Lean mass (Kg) | 53.46 ± 10.48 |
| ASMM (Kg) | 21.92 ± 5.13 |
| ASMM/Weight (%) | 20.6 ± 2.36 |
| ASMMI (Kg)/m2) | 8.79 ± 1.57 |
| ASMMI/BMI | 0.514 ± 0.096 |
| 400-m walk test (m) | 7.61 ± 2.81 |

BMI: Body Mass Index, SMM: Skeletal Muscle Mass, ASMM: Appendicular Skeletal Muscle Mass, ASMMI: Appendicular Skeletal Muscle Mass Index