

Table 2 Descriptive data on muscle thickness (MT), knee extension torque (KETQ), estimated lean tissue mass (LTM), time for sit to stand test (STS-T), and sit to stand power (STS power)

Variables	Age group						
	G ₅₀₋₅₄ n = 32	G ₅₅₋₅₉ n = 56	G ₆₀₋₆₄ n = 112	G ₆₅₋₆₉ n = 151	G ₇₀₋₇₄ n = 126	G ₇₅₋₇₉ n = 57	G ₈₀₊ n = 22
MT, cm							
Thigh anterior	4.4 (0.6)	4.3 (0.6)	4.1 (0.6)	3.8 (0.5)	3.7 (0.5)	3.4 (0.4)	3.0 (0.5)
Thigh posterior	5.7 (0.5)	5.7 (0.7)	5.8 (0.7)	5.7 (0.7)	5.5 (0.8)	5.5 (0.7)	4.9 (0.8)
Lower leg anterior	2.6 (0.2)	2.6 (0.3)	2.7 (0.2)	2.6 (0.3)	2.5 (0.3)	2.5 (0.2)	2.3 (0.3)
Lower leg posterior	6.0 (0.4)	6.0 (0.5)	6.0 (0.5)	6.0 (0.5)	5.9 (0.4)	5.9 (0.5)	5.4 (0.5)
LTM, kg	6.7 (0.8)	6.7 (1.0)	6.4 (0.8)	6.2 (0.8)	5.9 (0.8)	5.6 (0.8)	4.8 (0.8)
KETQ, Nm	90.5 (17.9)	84.4 (20.0)	77.1 (22.5)	70.9 (20.0)	66.5 (18.3)	57.4 (17.7)	47.0 (14.2)
STS-T, s	9.8 (2.0)	10.4 (2.0)	11.8 (3.2)	12.2 (3.6)	13.9 (5.1)	16.6 (6.1)	24.0 (9.4)
STS power, W	159.8 (33.8)	157.3 (35.3)	131.7 (33.1)	124.4 (32.8)	111.9 (35.6)	89.0 (35.1)	59.2 (25.1)

Values are means (SD).