Supplementary Table 1. Anthropometric characteristics divided into quartiles of muscle mass stratified by sex.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Girls** | | | |  | **Boys** | | | |
|  | **1st** | **2nd** | **3rd** | **4th** |  | **1st** | **2nd** | **3rd** | **4th** |
| Age (years) | 11.4 ± 3.3 | 12.1 ± 2.9 | 11.7 ± 2.4 | 11.5 ± 2.1 |  | 10.3 ± 2.4 | 11.1 ± 2.6 | 12.1 ± 2.6 | 12.9 ± 2.7 |
| Height (cm)\* | 141.5 ± 15.1 | 146.3 ± 13.0 | 150.7 ± 12.5 | 154.8 ± 11.6 |  | 143.7 ± 12.3 | 148.2 ± 13.8 | 150.8 ± 14.1 | 155.8 ± 14.4 |
| Weight (Kg)\* | 35.7 ± 11.3 | 41.2 ± 12.8 | 46.8 ± 13.9 | 56.1 ± 14.9 |  | 35.8 ± 7.7 | 40.1 ± 10.0 | 43.7 ± 12.3 | 53.5 ± 17.0 |
| BMI (Kg/m2)\* | 17.3 ± 2.9 | 18.8 ± 3.7 | 20.3 ± 3.9 | 23.2 ± 4.3 |  | 16.9 ± 3.5 | 17.9 ± 2.6 | 19.1 ± 4.7 | 21.5 ± 5.2 |
| Muscle mass (Kg)\* | 13.9 ± 4.3 | 16.0 ± 4.6 | 17.9 ± 4.9 | 20.6 ± 5.1 |  | 15.5 ± 3.4 | 17.1 ± 4.6 | 18.7 ± 5.7 | 22.5 ± 7.3 |
| Fat mass (Kg)\* | 9.0 ± 4.9 | 10.8 ± 6.6 | 13.2 ± 7.6 | 18.2 ± 8.7 |  | 6.4 ± 3.8 | 7.8 ± 4.7 | 9.0 ± 6.1 | 12.3 ± 9.1 |

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