**Table 1**. Baseline characteristics of the sample assessed. Descriptive statistics are shown as *M* ± *SD*.

| **Characteristic** | ***M ± SD*** (n = 9) |
| --- | --- |
| Age | 15.6 ± 1.9 |
| Weight (kg) | 69.9 ± 15.6 |
| Height (cm) | 167.0 ± 8.2 |
| BMI (kg/m2) | 24.8 ± 3.3 |
| Body fat (%) | 22.2 ± 6.4 |
| FFMI (kg/m2) | 19.2 ± 2.5 |
| SP (mmHg) | 111.6 ± 14.9 |
| PD (mmHg) | 65.2 ± 18.2 |
| MAP (mmHg) | 80.7 ± 15.5 |
| PP (mmHg) | 46.3 ± 15.5 |
| POmin | 339.3 ± 84.2 |
| POmean | 460.3 ± 113.8 |
| POpeak | 551.6 ± 149.8 |
| Fatigue index (%) | 37.2 ± 9.2 |
| FEV-1 (L) | 4.0 ± 0.6 |
| FVC (L) | 4.7 ± 0.9 |
| PEF (L/min) | 337.2 ± 77.6 |
| FEV-1:FVC (%) | 87.5 ± 7.0 |
| MIP (cmH2O) | 104.4 ± 39.1 |
| SMIP (cmH2O) | 90.0 ± 29.6 |