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

| **Characteristic** | **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 |