

Supplementary Table 1. Summary of dynamometric muscle performance.

	Age Group			ANOVA Results ¹		
	YW	MAW	OW	Age × Condition	Age	Condition
Absolute Torque						
0deg/s (Nm)	180.7 ± 33.8 ^{B,C†}	161.1 ± 25.4 ^{C†}	118.7 ± 17.1 [†]	<0.001 [0.18]	<0.001 [0.61]	0.089 [0.03]
60deg/s (Nm)	132.9 ± 15.6 ^{B,C†}	118.2 ± 9.9 ^{C†}	97.1 ± 14.4 [†]			
240deg/s (Nm)	101.6 ± 10.5 ^{B,C†}	90.0 ± 12.1 ^{C†}	67.8 ± 14.4 [†]			
Speed of Movement	YW [‡]	MAW [‡]	OW	Age × Condition	Age	Condition
1Nm (deg/s)	379.4 ± 51.8	359.2 ± 35.8	339.1 ± 39.7	0.072 [0.04]	<0.001 [0.30]	0.394 [0.01]
20% (deg/s)	339.6 ± 41.8	330.1 ± 37.2	307.7 ± 35.7			
40% (deg/s)	294.2 ± 34.2	281.8 ± 33.4	236.4 ± 33.0			
60% (deg/s)	186.1 ± 29.0	171.5 ± 22.1	147.6 ± 23.1			
Endurance	YW	MAW	OW	Age × Condition	Age	Condition
60deg/s (% decline)	51.7 ± 6.5 ^C	48.7 ± 6.2 [†]	45.8 ± 6.0 [†]	<0.001 [0.40]	0.152 [0.04]	0.290 [0.01]
240deg/s (% decline)	49.6 ± 6.2 ^{B,C}	54.4 ± 6.7 ^C	60.2 ± 5.5			
Specific Strength	YW	MAW	OW	Age × Condition	Age	Condition
0deg/s (Nm/cm ²)	1.74 ± 0.3 [†]	1.79 ± 0.4 [†]	1.63 ± 0.4 [†]	0.048 [0.06]	0.133 [0.04]	0.028 [0.04]
60deg/s (Nm/cm ²)	1.28 ± 0.2 [†]	1.32 ± 0.2 [†]	1.32 ± 0.3 [†]			
240deg/s (Nm/cm ²)	0.98 ± 0.2 [†]	0.99 ± 0.2 [†]	0.93 ± 0.2 [†]			

Abbreviations: Nm- Newton meters; deg/s- degrees per second, YW- young women, MAW- middle-age women, OW- older women, NC- no post-hoc comparison, NS- not significant. Means displayed as unadjusted means ± SD. 1- results displayed as p-value [partial eta squared], B- significantly different from MAW, C- significantly different from OW, ‡- significantly different from OW, †-significant condition comparison.