

Table S1. The athlete's segmental LST.

Parameter	Year 2018	Year 2022
LST segmental (kg)		
LST left arm	2.55	2.78
LST right arm	2.40	2.91
LST trunk	22.4	24.8
LST left leg	7.45	8.36
LST right leg	7.29	7.74
LST head	2.85	3.04

Significant change in value is written bold (i.e., $\geq 9\%$ of relative change). LST: lean soft tissue.