

Table for *Nannapaneni, N.* Predictability of Muscle Fiber Characteristics using the Biodex System 3.

Table 1. Power Test Results for men and women (mean \pm SD) at 60°/sec.

	Total (N=14)	Men (N=7)	Women (N=7)
Age	25.7 \pm 4.7	25.1 \pm 2.1	26.3 \pm 6.6
Height (m)	1.7 \pm 0.1	1.8 \pm 0.1*	1.6 \pm 0.1*
Weight (kg)	75.8 \pm 20.9	92.5 \pm 14.7*	59.0 \pm 8.9*
Peak Torque (ft-lbs)	130.3 \pm 49.4	172.3 \pm 28.7*	88.3 \pm 18.7*
Time to Peak Torque (msec)	572.1 \pm 232.1	487.1 \pm 214.8	657.1 \pm 231.6
Total Work (ft-lbs)	144.5 \pm 64.8	168.8 \pm 31.4	120.2 \pm 82.1

* Significantly different, $P \leq 0.001$