



Supplemental Fig. S1. Distribution and quantitative analysis of type IIa and type IIx muscle fibers of gluteus maximus. (A) Age-related differences in muscle fiber composition: young vs. old. (B) Gender-related variations in muscle fiber composition: male vs. female. (C) Association between handgrip strength and muscle fiber composition: high vs. low grip strength. Data are expressed as mean \pm standard error of the mean.