



**Supplemental Fig. S6.** Differences in type I fibers in gluteus maximus based on age, gender, and handgrip strength. (A) The proportion of type I fiber was compared between young and old group. (B) The proportion of type I fiber was compared between men and women. (C) The proportion of type I fiber was compared between the top 50% and bottom 50% of handgrip strength. Data are expressed as mean  $\pm$  standard error of the mean.