

Table II: The number of women and hours per week of training cross-classified by sport.

	Female athletes (n=18)					Untrained women (n=16)				
	Freq.	%	Mean hours per week	Max	Min	Freq.	%	Mean hours per week	Max	Min
Walking	0	0	0	0	0	6	37.5	1.2	2	1
Running and jogging	7	38.9	2.9	6	1	2	12.5	1	1	1
CrossFit/Bootcamp	11	61.1	8.5	18	1	2	12.5	1.5	2	1
Weightlifting and gym machines	8	44.4	2.5	5	1	4	25	1.3	2	1
Dance, swimming, biking	2	11.1	0.7	1	1	1	6.3	1	1	1
Football, handball	6	33.3	8.8	10	6	0	0	0	0	0
Gymnastics	1	5.6	15	15	15	0	0	0	0	0
Badminton	1	5.6	1	1	1	0	0	0	0	0
Yoga	0	0	0	0	0	1	6.3	1	1	1

