

Table I. Demographic data from basic measurement, mean \pm standard deviation (range)

Variables	Total (n = 76)	Male (n = 69)	Female (n = 7)
Age (years)	64.3 \pm 9.6 (36–83)	63.5 \pm 9.4 (36–83)	71.9 \pm 9.3 (54–79)
Height (cm)	178.4 \pm 7.7 (153–196)	179.7 \pm 6.5 (164–196)	165.7 \pm 6.4 (153–173)
Weight (kg)	91.2 \pm 15.7 (57–132)	93.0 \pm 15.0 (58–132)	73.6 \pm 10.9 (57–90)
Ejection fraction, EF (%)	38.9 \pm 9.0 (20–65)	38.4 \pm 8.8 (20–60)	43.6 \pm 9.9 (35–65)
BMI (kg/m²)	28.6 \pm 4.0 (20.6–37.8)	28.8 \pm 4.0 (20.6–37.8)	26.7 \pm 3.2 (21.2–31.1)
Maximum power (watts)	145.7 \pm 47.6 (50–275)	152.8 \pm 42.9 (60–275)	75.0 \pm 30.9 (50–140)
Resting heart rate (bpm)	71.4 \pm 13.3 (45–100)	70.7 \pm 12.9 (45–100)	78.6 \pm 16.3 (60–98)
Maximum heart rate (bpm)	126.9 \pm 23.2 (64–184)	127.8 \pm 23.2 (64–184)	118.3 \pm 23.3 (90–150)
Resting SBP (mmHg)	124.8 \pm 18.3 (80–170)	124.4 \pm 17.6 (80–160)	128.6 \pm 26.1 (90–170)
Resting DBP (mmHg)	81.9 \pm 9.9 (60–100)	82.3 \pm 10.1 (60–100)	77.9 \pm 7.0 (70–90)
Maximum load SBP (mmHg)	171.5 \pm 25.1 (110–240)	172.8 \pm 25.6 (110–240)	158.6 \pm 15.7 (140–180)
Maximum load DBP (mmHg)	88.1 \pm 11.5 (60–120)	88.5 \pm 11.5 (60–120)	84.3 \pm 11.3(70–100)

BMI = Body Mass Index; % = Percentage; SBP = Systolic Blood Pressure; DBP = Diastolic Blood Pressure; cm = Centimeters; kg = Kilograms; bpm = beats per minute; mmHg = Millimeter of mercury