

Table II. Capacity by age group, mean and quartiles.

Age groups	Basic measurement (w/kg)	Final measurement (w/kg)	Difference	Proportional change
Total (n = 76)	1.60 [1.3–1.9]	1.85 [1.4–2.1]	0.25 [0.1–0.4]	0.16 [0.06–0.25]
36–64 years (n = 34)	1.82 [1.52–2.2]	2.07 [1.83–2.5]	0.25 [0.12–0.38]	0.15 [0.07–0.20]
65–83 years (n = 42)	1.43 [1.1–1.6]	1.67 [1.22–2.0]	0.25 [0.1–0.4]	0.17 [0.07–0.27]
Male 36–64 years (n = 32)	1.84 [1.58–2.23]	2.09 [1.87–2.5]	0.26 [0.17–0.40]	0.15 [0.08–0.20]
Male 65–83 years (n = 37)	1.51 [1.3–1.7]	1.76 [1.4–2.0]	0.25 [0.1–0.40]	0.16 [0.08–0.25]
Female 36–64 years (n = 2)	1.55 [1.38–1.72]	1.70 [1.45–1.95]	0.15 [0.08–0.23]	0.08 [0.04–0.12]
Female 65–83 years (n = 5)	0.84 [0.9–0.9]	1.04 [0.9–1.2]	0.20 [0–0.4]	0.23 [0–0.44]

w = Watts; kg = Kilograms