

Tafla IV. Capacity by attendance, mean and quartiles.

<i>Attendance on average more than twice a week or less</i>	<i>Basic measurement (w/kg)</i>	<i>Final measurement (w/kg)</i>	<i>Difference</i>	<i>Proportional change</i>
Total > 2 (n = 65)	1.59 [1.3–1.9]	1.86 [1.4–2.1]	0.27 [0.1–0.4]	0.18 [0.09–0.25]
Total ≤ 2 (n = 11)	1.67 [1.35–1.95]	1.80 [1.55–2.1]	0.13 [0–0.25]	0.08 [0–0.18]
Male > 2 (n = 60)	1.63 [1.3–1.9]	1.90 [1.58–2.12]	0.27 [0.1–0.4]	0.17 [0.09–0.23]
Male ≤ 2 (n = 9)	1.84 [1.6–2.1]	2.01 [1.8–2.1]	0.17 [0–0.3]	0.11 [0–0.25]
Female > 2 (n = 5)	1.10 [0.9–1.2]	1.38 [1.2–1.3]	0.28 [0.3–0.4]	0.30 [0.16–0.44]
Female ≤ 2 (n = 2)	0.90 [0.9–0.9]	0.85 [0.82–0.88]	-0.05 [(-0.07)–(-0.02)]	-0.06 [(-0.08)–(-0.03)]

w = Watts; kg = Kilograms