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| Supplemental Table 1. Properties of single muscle fibers with mixed MHC-isoforms in participants with RR and XX genotypes |
|   | RR | XX |  | *P*-value |
| Type I/IIa |  |  |  |  |
|  P0, kN/m² | 152.5±16.3 | n.a. |  | n.a. |
|  V0, FL/s | 2.05±0.51 | n.a. |  | n.a. |
|  Vmax, FL/s | 2.77±1.67 | n.a. |  | n.a. |
|  Young’s modulus, kN/m² | n.a. | n.a. |  | n.a. |
|  Hysteresis, kN/m² | n.a. | n.a. |  | n.a. |
|  |  |  |  |  |
| Type IIa/IIx |  |  |  |  |
|  P0, kN/m² | 187.7±10.9 | 187.7±13.6 |  | 0.95 |
|  V0, FL/s | 4.10±0.49 | 3.91±0.41 |  | 0.77 |
|  Vmax, FL/s | 1.71±0.81 | 1.50±0.20 |  | 0.70 |
|  Young’s modulus, kN/m² | 17.9±2.3 | 18.2±3.8 |  | 0.95 |
|  Hysteresis, kN/m² | 0.84±0.27 | 1.35±0.48 |  | 0.27 |
| Values are means±SE. n.a. = not appilcable |