

**Supplementary Table 1.** Reference values for the 5R-STS test time (second) in healthy individuals  $\leq 60$  years of age

Age (yr)	Male		Female		Overall	
	Mean $\pm$ SD	ULN	Mean $\pm$ SD	ULN	Mean $\pm$ SD	ULN
20-30 yr	5.24 $\pm$ 1.36	8.15	5.18 $\pm$ 1.08	7.59	5.20 $\pm$ 1.18	8.13
31-40 yr	5.89 $\pm$ 1.10	7.49	5.60 $\pm$ 1.68	9.01	5.73 $\pm$ 1.47	9.0
41-50 yr	7.01 $\pm$ 1.88	8.49	5.91 $\pm$ 1.19	7.66	6.46 $\pm$ 1.25	8.48
51-60 yr	7.02 $\pm$ 1.44	8.91	6.64 $\pm$ 1.82	8.83	6.83 $\pm$ 1.63	8.95

Mean  $\pm$  standard deviation (SD) and ULN (upper limits of normal) are provided for each subpopulation. 5R-STS, 5-repetition sit-to-stand test.