

Supplementary Materials

Table S1. Descriptive statistics and t-test differences between genders in studied anthropometric and fitness variables.

Variables	Boys		Girls		T-test	
	Mean	Std. Dev.	Mean	Std. Dev.	<i>t</i> -value	<i>p</i>
Body height (cm)	182.67	13.13	169.90	6.76	10.21	0.00
Body mass (kg)	73.43	12.50	60.61	8.17	10.41	0.00
Body mass index (kg/m ²)	21.79	2.19	20.95	2.10	0.73	0.47
Broad-jump (cm)	212.11	19.43	177.21	13.99	17.90	0.00
Sit-ups (rep)	54.35	6.87	46.10	7.02	10.93	0.00
Sit-and-reach (cm)	78.13	10.99	82.62	9.87	-3.12	0.00
Bent-arm-hang (s)	42.83	12.05	25.36	10.01	14.00	0.00
Run-400m (s)	1.26	0.14	1.33	0.16	-0.71	0.48
Multilevel-test (min)	8.20	1.18	4.85	1.13	20.90	0.00