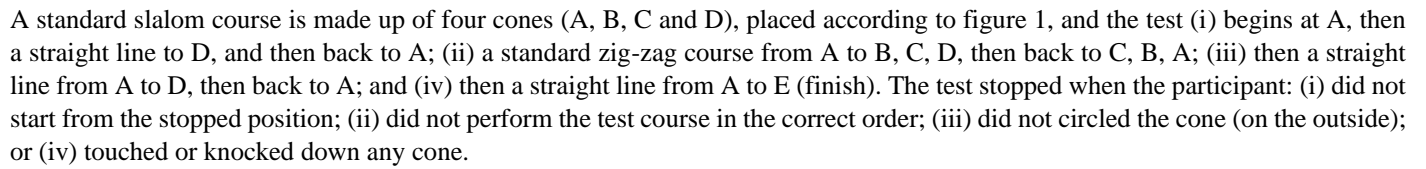


A standard slalom course is made up of four cones (A, B, C and D), placed according to figure 1, and the test (i) begins at A, then a straight line to D, and then back to A; (ii) a standard zig-zag course from A to B, C, D, then back to C, B, A; (iii) then a straight line from A to D, then back to A; and (iv) then a straight line from A to E (finish). The test stopped when the participant: (i) did not start from the stopped position; (ii) did not perform the test course in the correct order; (iii) did not circled the cone (on the outside); or (iv) touched or knocked down any cone.



**Table S1.** Changes in anthropometric indicators and physical fitness indicators between pre- and post-pandemic social restrictions within sex

	Women (n=46)					Men (n=110)				
	Pre Mean±SD	Post Mean±SD	<i>r</i>	t	Effect size <sup>d</sup>	Pre Mean±SD	Post Mean±SD	<i>r</i>	t	Effect size <sup>d</sup>
<b>Anthropometric indicators</b>										
Weight (kg)	61.3±7.5	61.1±8.64	<b>0.950</b>	0.545	0.08	75.4±8.6	76.4±8.9	<b>0.921</b>	<b>-3.208</b>	0.31
Body mass index (kg/m <sup>2</sup> )	21.9±2.2	21.8±2.7	<b>0.937</b>	0.557	0.08	23.8±2.3	24.2±2.4	<b>0.891</b>	<b>-3.246</b>	0.31
<b>Physical fitness</b>										
Speed (sec)	4.8±0.2	4.9±0.3	<b>0.870</b>	<b>-3.209</b>	0.49	4.2±0.2	4.2±0.2	<b>0.760</b>	-1.287	0.12
Agility (sec)	24.7±1.0	25.0±1.3	<b>0.776</b>	<b>-2.204</b>	0.34	22.5±1.1	22.7±1.0	<b>0.756</b>	<b>-2.855</b>	0.28
Cardiorespiratory fitness (no. laps)	62.1±13.7	56.0±13.8	<b>0.649</b>	<b>3.458</b>	0.53	87.7±16.4	77.5±17.5	<b>0.670</b>	<b>7.693</b>	0.74
VO <sub>2</sub> max (ml/kg/min)	39.9±4.6	37.9±4.7	<b>0.647</b>	<b>3.327</b>	0.52	48.2±4.9	45.0±5.4	<b>0.647</b>	<b>7.751</b>	0.75
Lower body strength (m)	2.0±0.2	1.9±0.2	<b>0.860</b>	<b>2.296</b>	0.35	2.4±0.1	2.4±0.1	<b>0.742</b>	0.759	0.07
Flexibility (cm)	56.5±5.7	55.6±5.9	<b>0.785</b>	1.520	0.23	52.2±6.6	49.5±7.2	<b>0.793</b>	<b>6.283</b>	0.61
Static strength (kg <sup>f</sup> )	68.4±11.3	62.7±11.9	<b>0.719</b>	<b>4.008</b>	0.66	104.1±15.6	99.5±14.4	<b>0.838</b>	<b>5.270</b>	0.54
Abdominal strength (no. reps/60sec)	54.1±6.0	53.5±6.3	<b>0.345</b>	0.532	0.08	58.6±6.7	56.5±7.7	<b>0.574</b>	<b>3.128</b>	0.30

*r*=Pearson correlation; *t*=pair-sample t-test; <sup>d</sup>=cohen's d; **bold**=*p*<0.05 within sex comparisons (pre- and post-pandemic social restrictions).

sec=seconds; cm=centimetres; no.=number; reps=repetitions.

**Table S2.** Changes in anthropometric indicators and physical fitness indicators between pre- and post-pandemic social restrictions by age.

	18-24 years (n=81)					25-30 years (n=41)					31-36 years (n=34)				
	Pre Mean±SD	Post Mean±SD	<i>r</i>	t	Effect size <sup>d</sup>	Pre Mean±SD	Post Mean±SD	<i>r</i>	t	Effect size <sup>d</sup>	Pre Mean±SD	Post Mean±SD	<i>r</i>	t	Effect size <sup>d</sup>
<b>Anthropometric indicators</b>															
Weight (kg)	67.7±9.8	67.8±10.3	<b>0.957</b>	-0.257	0.03	77.0±10.0	77.9±10.6	<b>0.948</b>	-1.693	0.27	73.1±9.2	74.9±10.3	<b>0.931</b>	<b>-2.892</b>	0.50
Body mass index (kg/m <sup>2</sup> )	22.4±2.2	22.4±2.4	<b>0.910</b>	-0.143	0.02	24.5±2.1	24.8±2.5	<b>0.905</b>	-1.789	0.28	23.8±2.4	24.4±2.7	<b>0.896</b>	<b>-2.913</b>	0.50
<b>Physical fitness</b>															
Speed (sec)	4.4±0.3	4.4±0.3	<b>0.911</b>	-0.497	0.06	4.3±0.3	4.4±0.4	<b>0.935</b>	<b>-2.443</b>	0.40	4.4±0.4	4.5±0.4	<b>0.946</b>	<b>-2.577</b>	0.44
Agility (sec)	23.0±1.3	23.2±1.4	<b>0.889</b>	<b>-2.254</b>	0.26	22.9±1.6	23.1±1.5	<b>0.880</b>	-1.848	0.30	23.4±1.5	23.8±1.7	<b>0.833</b>	<b>-2.110</b>	0.37
Cardiorespiratory fitness (no. laps)	80.5±21.5	72.0±20.9	<b>0.802</b>	<b>5.663</b>	0.64	82.4±17.1	72.2±17.3	<b>0.629</b>	<b>4.174</b>	0.69	77.9±17.1	68.7±16.8	<b>0.770</b>	<b>4.617</b>	0.79
VO <sub>2 max</sub> (ml/kg/min)	46.0±6.6	43.2±6.6	<b>0.788</b>	<b>5.611</b>	0.64	46.5±5.4	43.3±5.6	<b>0.640</b>	<b>4.167</b>	0.69	45.1±5.4	42.2±5.4	<b>0.775</b>	<b>4.689</b>	0.80
Lower body strength (m)	2.3±0.3	2.3±0.3	<b>0.942</b>	0.371	0.04	2.3±0.2	2.3±0.3	<b>0.889</b>	0.882	0.15	2.3±0.2	2.2±0.3	<b>0.901</b>	2.009	0.35
Flexibility (cm)	53.2±6.6	51.1±7.7	<b>0.810</b>	<b>4.059</b>	0.45	53.7±7.3	51.1±7.7	<b>0.822</b>	<b>3.593</b>	0.58	53.7±6.1	51.8±6.2	<b>0.807</b>	<b>2.956</b>	0.51
Static strength (kg <sup>f</sup> )	87.7±21.1	82.4±20.3	<b>0.909</b>	<b>3.526</b>	0.60	103.9±20.6	98.0±21.4	<b>0.914</b>	<b>3.874</b>	0.67	98.8±19.3	95.7±19.3	<b>0.918</b>	<b>2.062</b>	0.40
Abdominal strength (no. reps/60sec)	58.7±6.5	56.0±7.5	<b>0.537</b>	<b>5.011</b>	0.40	55.6±6.7	55.4±7.0	<b>0.577</b>	0.264	0.04	55.9±7.0	55.4±7.9	<b>0.562</b>	0.421	0.07

*r*=Pearson correlation; *t*=pair-sample *t*-test; <sup>d</sup>=cohen's *d*; **bold**=*p*<0.05.

sec=seconds; cm=centimetres; no.=number; reps=repetitions