

Table S1. Overview of the general characteristics of the participants.

General characteristics of the participants	Median \pm Interquartile Range (Minimum to Maximum)		
	aMCI (<i>n</i> = 22; 14f/ 8m)	naMCI (<i>n</i> = 21; 9f/ 12m)	HC (<i>n</i> = 27; 19f/ 8m)
aHGS left / right [in kg]	26.3 \pm 18.3 / 29.8 \pm 14.4 (19.8 to 49.7 / 20.3 to 50.0)	31.4 \pm 13.4 / 34.5 \pm 20.4 (17.9 to 51.6 / 19.6 to 54.6)	26.7 \pm 10.6 / 28.9 \pm 13.4 (10.0 to 40.1 / 14.1 to 42.9)
MMSE [z-score]	-1.88 \pm 0.93 (-3.31 to 0.37)	-1.87 \pm 1.21 (-2.94 to 0.44)	-0.77 \pm 0.74 (-2.08 to 0.64)
TMT A [in seconds]	44.5 \pm 15.8 (26.0 to 79.0)	41.0 \pm 20.0 (28.0 to 101.0)	38.0 \pm 18.0 (24.0 to 69.0)
TMT A [z-score]	-0.24 \pm 1.30 (-1.92 to 2.43)	-0.09 \pm 1.31 (-2.32 to 1.63)	0.36 \pm 1.28 (-1.24 to 2.62)
TMT B [in seconds]	109.0 \pm 34.3 (51.0 to 227.0)	115.0 \pm 60.0 (67.0 to 195.0)	85.0 \pm 57.0 (51.0 to 184.0)
TMT B [z-score]	-0.46 \pm 1.32 (-2.30 to 3.07)	-0.24 \pm 0.92 (-2.00 to 1.32)	0.55 \pm 1.99 (-1.52 to 1.86)
TMT B/A	2.25 \pm 1.07 (1.34 to 5.28)	2.73 \pm 0.92 (1.45 to 3.90)	2.40 \pm 0.81 (1.43 to 5.17)

aHGS: absolute handgrip strength; MMSE: Minimal Mental State Examination; TMT: Trail Making Test. Please note that values of aHGS left in the naMCI group were based on *n* = 20 since the data of one participant in the naMCI was not used to calculate median, interquartile range, and minimum to maximum due to drop hand symptomatic in the left (non-dominant) hand.