

Supplementary Table S1. Stepwise regression analysis for ASM incorporating upper limb related sEMG variables (Model 1) and lower limb related sEMG variables (Model 2).

<Model 1>

Entered predictor variables	Equation: $ASM = -27.590 + 21.471 \times \text{Height} + 0.172 \times \text{weight} - 2.093 \times (1, \text{ if, female; } 0, \text{ if male}) + 0.361 \times \text{RatioRMS(KF)} + 0.405 \times \text{RatioRMS(KE)}$				
		β	Standard error	VIF	<i>P</i> -value
	Constant	-27.590	3.213		
	Height (m)	21.471	2.044	3.082	<0.001
Age, sex, height, weight,	Weight (kg)	0.172	0.013	1.928	<0.001
	Sex (female)	-2.093	0.340	2.812	<0.001
MeanRMS(KF, KE),	RatioRMS(KF) (mV)	0.361	0.118	1.251	0.003
MaxRMS(KF, KE),	RatioRMS(KE) (mV)	0.405	0.180	1.055	0.026
RatioRMS(KF, KE)	R ²	0.936			
	Adjusted R ²	0.934			
	SEE	1.174			
	Durbin-Watson statistic	1.703			

<Model 2>

Entered predictor variables	Equation: $ASM = -25.584 + 20.775 \times \text{Height} + 0.174 \times \text{weight} - 2.297 \times (1, \text{ if, female; } 0, \text{ if male}) + 1.109 \times \text{MeanRMS(EE)}$				
		β	Standard error	VIF	<i>P</i> -value
	Constant	-25.584	3.230		
	Height (m)	20.775	2.103	3.144	<0.001
Age, sex, height, weight,	Weight (kg)	0.174	0.013	1.953	<0.001
MeanRMS(EF, EE),	Sex (female)	-2.297	0.336	2.651	<0.001
MaxRMS(EF, EE),	MeanRMS(EE) (mV)	1.109	0.378	1.245	0.004
RatioRMS(EF, EE)	R ²	0.933			
	Adjusted R ²	0.931			
	SEE	1.196			
	Durbin-Watson statistic	1.934			

ASM, appendicular skeletal muscle mass; sEMG, surface electromyography; RMS, root mean

square; EF, elbow flexion; EE, elbow extension; KF, knee flexion; KE, knee extension; SEE, standard error of estimate; VIF, variance inflation factor.