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

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

Mean ± standard deviation (SD) and ULN (upper limits of normal) are provided for each subpopulation.

5R-STS, 5-repetition sit-to-stand test.