

Supplementary Table 1 Participant Characteristics

| | Cisgender Men (n = 19) | Transgender Men (n = 12) | Cisgender Women (n = 21) | Transgender Women (n = 23) |
|---------------------------|---------------------------------------|---|---|---|
| Age (yrs.) | 37 ± 9 | 34 ± 7 | 30 ± 9 | 34 ± 10 |
| Training Intensity | 7 [IQR 2] | 7 [IQR 2] | 7 [IQR 2] | 7 [IQR 2] |
| Length of GAHT (yrs.) | - | 4 ± 5 | - | 6 ± 4 |
| Height (m) | 1.8 ± 0.1 ^{\$} | 1.7 ± 0.1 ^{*#} | 1.6 ± 0.1 | 1.8 ± 0.1 ^{\$} |
| Clothed mass (kg) | 76.4 ± 7.7 ^{\$} | 73.1 ± 12.1 | 60.6 ± 6.6 | 83.9 ± 19.9 ^{\$} |
| BMI (kg•m ⁻²) | 23.6 ± 1.8 | 25.7 ± 3.9 | 22.5 ± 1.9 | 26.2 ± 6.0 ^{\$} |

Data represents Mean ± Standard Deviation, or Median [Inter Quartile Range]. *denotes significantly different from Cisgender Men; \$ denotes significantly different from Cisgender Women. # denotes significantly different from Transgender Women; yrs., years; m, metres; kg, kilogram; kg•m⁻², kilograms per metre squared.