

Supplemental File S1

Prediction Model for 1RM Strength

$$1 \text{ RM Strength} = -6.129 + 15.694(\text{Sagittal Muscle Thickness}) \quad (2)$$

Table S1. Prediction Model for One Repetition Maximum

	Model			Descriptives of 1RM (lbs)		
	B	SE of B	β	Mean	SD	N
Constant	-6.129	7.884				
Sagittal Muscle Thickness	15.694*	2.429	0.836	43.87	11.96	20
Model Summary						
R²	0.699					
F	41.742*					

B = unstandardized regression coefficient; SE of B = standard error of the coefficient

β = standardized coefficient; SD = standard deviation; N = sample size

R² = coefficient of determination

Significance at $p < 0.05$ denoted by *

Prediction Model for Total Repetitions

$$\text{Total Repetitions} = -45.641 + 0.640(\text{Sagittal Corrected Echo Intensity}) \quad (3)$$

Table S2. Prediction Model for Total Repetitions

	Model			Descriptives of Repetitions		
	B	SE of B	β	Mean	SD	N
Constant	-45.641	25.249				
Sagittal Corrected Echo Intensity	0.640*	0.157	0.692	56.6	12.7	20
Model Summary						
R²	0.478					
F	16.512*					

B = unstandardized regression coefficient; SE of B = standard error of the coefficient

β = standardized coefficient; SD = standard deviation; N = sample size

R² = coefficient of determination

Significance at $p < 0.05$ denoted by *