

**Supplementary Table 1** Participant Characteristics

	<b>Cisgender Men (n = 19)</b>	<b>Transgender Men (n = 12)</b>	<b>Cisgender Women (n = 21)</b>	<b>Transgender Women (n = 23)</b>
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 <sup>\$</sup>	1.7 ± 0.1 <sup>*#</sup>	1.6 ± 0.1	1.8 ± 0.1 <sup>\$</sup>
Clothed mass (kg)	76.4 ± 7.7 <sup>\$</sup>	73.1 ± 12.1	60.6 ± 6.6	83.9 ± 19.9 <sup>\$</sup>
BMI (kg•m <sup>-2</sup> )	23.6 ± 1.8	25.7 ± 3.9	22.5 ± 1.9	26.2 ± 6.0 <sup>\$</sup>

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<sup>-2</sup>, kilograms per metre squared.