

SUPPLEMENTARY TABLE 1 | Descriptive statistics for the health-related fitness indicators used in the *Fit to Perform* screening protocol by instrument group and sex.

Measure	Strings		Keyboard		Woodwinds		Brass		Voice		Percussion		Other	
	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men
Lung function	M ± SD													
FEV ₁	2.80 ±0.63	3.86 ±0.95	2.67 ±0.63	3.64 ±1.05	3.03 ±0.42	3.74 ±0.98	3.15 ±0.52	4.70 ±0.61	2.92 ±0.49	3.52 ±0.38	-	3.72 ±0.95	3.01 ^[1]	4.42 ±0.86
FEV ₁ %pred	86.83 ±17.69	88.46 ±20.41	87.61 ±19.94	87.43 ±21.96	91.91 ±11.27	85.18 ±19.54	97.75 ±13.75	102.69 ±9.80	89.44 ±14.12	86.14 ±7.99	-	82.00 ±22.07	95.00 ^[1]	99.75 ±12.63
FVC	2.95 ±.67	4.16 ±1.07	2.81 ±0.69	3.95 ±1.07	3.30 ±0.50	5.16 ±1.95	3.44 ±.68	5.17 ±0.85	3.09 ±0.57	3.81 ±0.63	-	4.34 ±0.80	3.01 ^[1]	4.77 ±0.87
FVC %pred	79.10 ±16.69	80.42 ±19.39	80.22 ±18.59	80.64 ±18.89	87.42 ±11.73	99.45 ±34.30	93.13 ±15.09	93.31 ±13.57	82.56 ±14.87	78.86 ±11.63	-	80.00 ±16.64	82.00 ^[1]	91.00 ±10.95
FEV ₁ /FVC %	97.24 ±3.88	94.96 ±5.97	98.11 ±1.94	94.36 ±7.12	95.03 ±5.85	86.18 ±12.48	92.87 ±6.22	93.23 ±7.89	96.60 ±3.98	95.86 ±5.08	-	87.67 ±12.06	100.00 ^[1]	92.75 ±6.18
FEV ₁ /FVC %pred	115.50 ±4.81	114.92 ±7.24	116.17 ±2.38	114.07 ±8.80	112.67 ±7.00	104.18 ±15.22	110.38 ±7.41	112.77 ±9.51	114.52 ±4.89	116.57 ±6.70	-	106.33 ±14.57	122.00 ^[1]	112.25 ±7.46

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Measure	Strings		Keyboard		Woodwinds		Brass		Voice		Percussion		Other	
	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men
Flexibility and range of motion														
% (n)														
AT 1_R	93%	100%	94%	93%	97%	91%	100%	100%	100%	100%	-	100%	100%	100%
	(39)	(26)	(17)	(13)	(32)	(10)	(8)	(13)	(25)	(7)		(3)	(1)	(4)
AT 1_R pain	7%	0%	0%	7%	0%	27%	0%	8%	4%	0%	-	0%	100%	0%
	(3)	(0)	(0)	(1)	(0)	(3)	(0)	(1)	(1)	(0)		(0)	(1)	(0)
AT 1_L	93%	96%	100%	93%	97%	73%	100%	100%	100%	100%	-	100%	100%	100% (4)
	(39)	(25)	(18)	(13)	(32)	(8)	(8)	(13)	(25)	(7)		(3)	(1)	
AT 1_L pain	5%	4%	0%	7%	0%	9%	0%	0%	0%	14%	-	0%	0%	0% (0)
	(2)	(1)	(0)	(1)	(0)	(1)	(0)	(0)	(0)	(1)		(0)	(0)	
AT 2_R	81%	62%	89%	57%	79%	82%	100%	92%	76%	71%	-	100%	0%	100% (4)
	(34)	(16)	(16)	(8)	(26)	(9)	(8)	(12)	(19)	(5)		(3)	(0)	
AT 2_R pain	12%	19%	11%	29%	21%	18%	0%	23%	16%	14%	-	0%	100%	0%
	(5)	(5)	(2)	(4)	(7)	(2)	(0)	(3)	(4)	(1)		(0)	(1)	(0)
AT 2_L	91%	81%	89%	86%	88%	91%	100%	100%	96%	100%	-	100%	100%	75% (3)
	(38)	(21)	(16)	(12)	(29)	(10)	(8)	(13)	(24)	(7)		(3)	(1)	
AT 2_L pain	5%	12%	6%	7%	6%	9%	0%	0%	4%	14%	-	0%	0%	25%
	(2)	(3)	(1)	(1)	(2)	(1)	(0)	(0)	(1)	(1)		(0)	(0)	(1)
M ± SD														
Beighton	2.07	1.54	2.50	.93	1.97	2.09	2.75	1.31	2.52	1.14	-	.33	0 ^[1]	4.75
	±1.42	±1.56	±2.18	±1.14	±2.31	±1.70	±1.83	±1.38	±2.12	±1.21		±.58		±2.99
R stretch	3.64	3.35	3.61	3.36	3.45	3.55	3.50	3.92	3.76	4.00	-	4.00 ^[1]	4.00 ^[1]	2.75
	±.91	±1.38	±.98	±1.15	±.94	±1.21	±1.07	±.28	±.66	±.0				±1.89
L stretch	3.21	2.69	3.06	2.00	2.45	3.09	3.13	3.69	3.24	3.14	-	4.00 ^[1]	0 ^[1]	2.75
	±1.32	±1.54	±1.47	±1.75	±1.48	±1.45	±1.13	±.75	±1.16	±1.21				±.96
Sit and reach	28.71	24.27	30.19	18.21	27.52	24.82	29.75	21.92	32.72	32.29	-	25.33	22.00 ^[1]	30.25
	±9.51	±11.65	±12.04	±8.88	±10.74	±10.18	±10.86	±13.60	±10.08	±12.42		±8.74		±11.87

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Measure	Strings		Keyboard		Woodwinds		Brass		Voice		Percussion		Other	
	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men
Strength and endurance														
	M ± SD													
HG-R	26.37	39.62	26.20	36.74	27.54	39.81	26.34	43.19	27.07	36.01	25.59	42.69	27.05	39.03
	±5.12	±7.17	±3.95	±6.70	±5.20	±9.24	±5.18	±6.22	±4.63	±6.25	±2.62	±8.73	±2.86	±6.55
HG-L	25.41	37.65	24.70	34.96	26.05	38.23	25.37	40.53	25.89	35.61	24.17	40.11	26.75	37.83
	±5.09	±6.59	±3.94	±5.54	±4.80	±8.53	±3.39	±4.28	±3.85	±4.95	±2.34	±8.82	±1.52	±6.53
Plank	49.57	52.92	49.22	59.50	51.64	55.27	52.13	54.38	56.96	54.57	-	60.00 ^[1]	60.00 ^[1]	55.25
	±15.66	±18.04	±14.69	±1.87	±12.17	±9.63	±13.48	±14.04	±11.04	±14.36				±6.18
Press-up	12.40	22.00	8.99	19.57	9.18	25.64	7.75	17.23	13.40	19.29	-	14.33	0 ^[1]	17.25
	±9.84	±16.12	±7.93	±12.06	±7.03	±15.13	±4.17	±7.55	±8.36	±9.14		±10.02		±18.68
Cardiovascular fitness														
	M ± SD													
RecHR	106.68	100.50	108.14	95.38	102.36	98.30	109.17	100.82	105.29	104.64	99.00	90.25	94.00	105.29
	±16.74	±17.83	±14.70	±15.39	±19.37	±13.03	±15.90	±18.24	±17.04	±24.64	±3.85	±25.23	±12.77	±18.17
Physical activity														
	M ± SD													
Walking	1285.82	1093.44	954.25	795.54	1665.00	583.50	1270.50	865.62	1556.28	1560.43	-	2194.50	330.00 ^[1]	841.50
	±1218.24	±906.52	±800.21	±746.57	±1352.83	±483.78	±1033.06	±490.38	±1045.56	±819.42		±1709.24		±365.99
Moderate	220.48	501.54	328.89	445.71	680.00	349.09	295.00	501.54	941.60	900.00	-	560.00	480.00 ^[1]	420.00
	±370.40	±758.46	±501.91	±735.87	±866.33	±357.81	±362.18	±921.10	±1272.14	±608.93		±969.95		±494.77
Vigorous	618.10	1024.62	148.89	1057.14	722.42	1200.00	150.00	812.31	905.60	2537.14	-	853.33	480.00 ^[1]	660.00
	±1007.61	±1773.48	±245.35	±1928.23	±1346.92	±989.55	±285.06	±938.00	±1114.44	±3413.45		±1211.50		±1025.28
Total PA	2124.39	2619.60	1432.03	2298.39	3067.42	2132.59	1715.50	2179.46	3403.48	4997.57	-	3607.83	1290.00 ^[1]	1921.50
	±1777.47	±2226.43	±1014.06	±2489.30	±2017.40	±1446.23	±1015.38	±1089.15	±2557.00	±3829.18		±3871.30		±1292.56

Note. M=mean; SD=standard deviation. Measures, abbreviations, and units for each measure are provided in Table 2. *Strings*: violin, viola, viola de Gamba, cello, double bass, guitar (classical and electric), and harp; *Keyboard*: accordion, piano, organ, harpsichord, and historical keyboards; *Woodwinds*: flute, recorder, clarinet, oboe, bassoon, and saxophone; *Brass*: cornet, euphonium, horn, trombone, trumpet, and tuba; *Other*: composition and conducting. ^[1] Values arise from small n values (n<3).