



Supplemental figure 2: Scatter plots of the correlation analyses (Pearson's  $r$ ,  $n=40$ ) between the change in muscle Quadriceps cross-sectional area (CSA) (A-B) and 1RM leg press (C-D) and proportion (%) of muscle fibers within the "Small" (2000-3999  $\mu\text{m}^2$ ) or "Largest" (8000-9999  $\mu\text{m}^2$ ) muscle fiber size cluster in healthy older men. Solid line: regression line. Dotted line: ninety-five confidence interval.