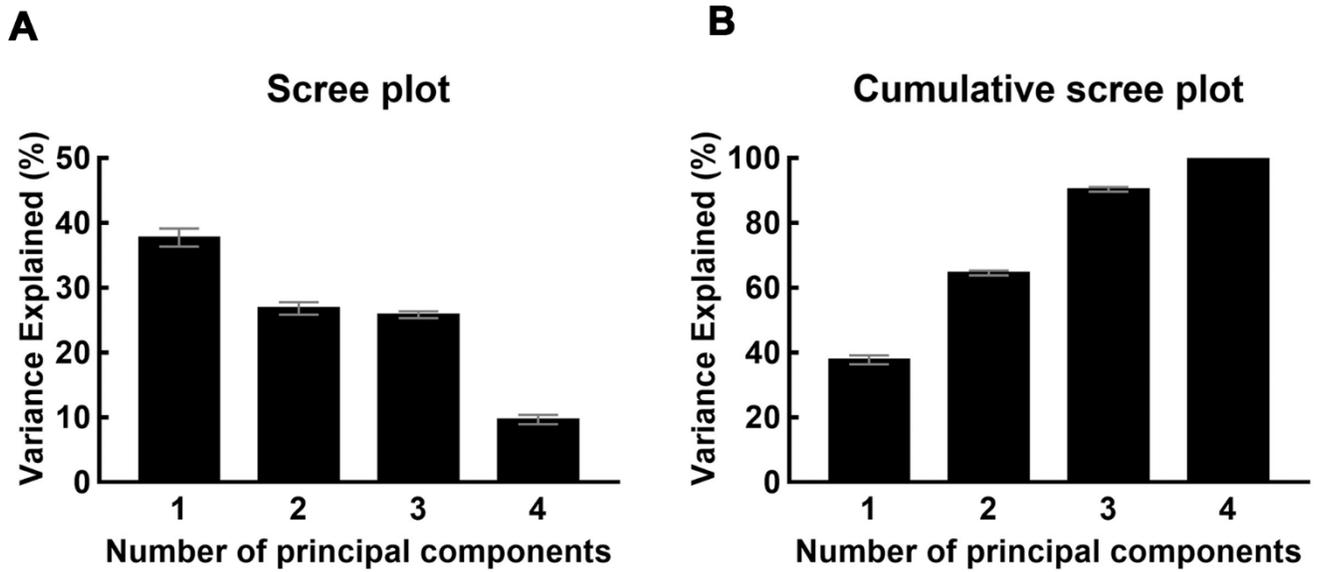
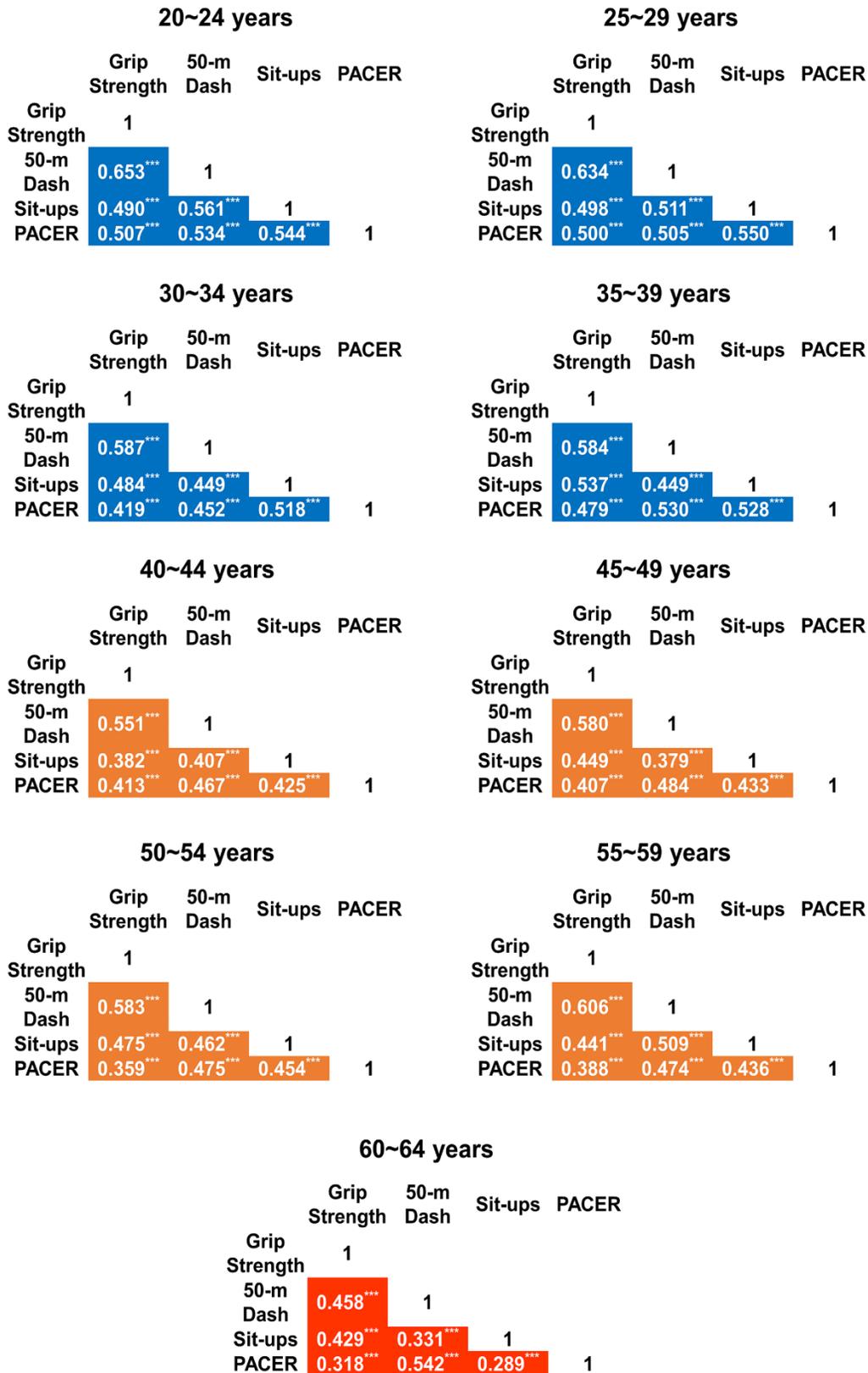


SUPPLEMENTARY FIGURES



Supplementary Figure 1. The mean and standard deviation of the percentage of variance explained by each principal component (PC) for nine age groups. (A, B) show the scree plot and cumulative scree plot of the percentage of variance explained by each PC, respectively.



Supplementary Figure 2. Changes in the correlation coefficients between records of the four fitness tests with increase in age. The correlation coefficients are highlighted using three different colors (blue, orange, and red) based on the three categories of PC loading patterns found with increase in age. The triple asterisk (***) indicates statistically significant correlation between records of fitness tests ($p < 0.001$).