Table 1. Characteristics of high performance Karate athletes (n = 14).

Variable	Values
Age (years old)	22.6 ± 1.2
Body mass (kg)	65.2 ± 2.4
Height (m)	1.73 ± 0.02
Body mass index (kg·m^{-2})	21.6 ± 0.6
Percentage body fat (%)	8.1 ± 0.7
6 RM squat load (kg)	96.45 ± 4.86
6 RM deadlift load (kg)	92.56 ± 6.43
6 RM inclined leg press load (kg)	179.30 ± 8.65
6 RM lunge load (kg)	68.47 ± 3.44
6 RM step-up load (kg)	71.84 ± 4.49

Values are mean ± SEM. 6 RM = six repetition maximum.