

## Supplemental Digital Content 3

**Table S2.** Bivariate correlations between physical fitness and physical activity.

	20m SRT (laps)	Handgrip strength (kg)	Standing long jump (cm)	4x10m SRT (sec)†	Treadmill test (VO <sub>2</sub> peak)	1-RM bench press	1-RM leg press	Light PA	Moderate PA	Vigorous PA	MVPA	1-min bouts MVPA	5-min bouts MVPA	10-min bouts MVPA
20m SRT (laps)	1	0.310**	0.601**	0.740**	0.656**	0.449**	0.167	-0.031	0.243*	0.335**	0.274**	0.292**	0.231*	0.158
Handgrip strength (kg)		1	0.392**	0.361**	0.090	0.547**	0.465**	0.153	0.021	-0.033	0.010	0.022	0.080	0.049
Standing long jump (cm)			1	0.730**	0.489**	0.569**	0.375**	0.130	0.054	0.146	0.077	0.097	0.118	0.061
4x10m SRT (sec)†				1	0.525**	0.517**	0.291**	-0.004	0.079	0.107	0.088	0.118	0.054	0.009
Treadmill test (VO <sub>2</sub> peak)					1	0.292**	-0.089	0.139	0.353**	0.254**	0.347**	0.287**	0.246*	0.181
1-RM bench press						1	0.467**	0.011	0.041	0.122	0.061	0.097	0.091	0.014
1-RM leg press							1	-0.131	-0.192	-0.067	-0.174	-0.082	-0.020	-0.033
Light PA								1	0.342**	0.037	0.291**	0.062	0.055	0.006
Moderate PA									1	0.752**	0.990**	0.870**	0.747**	0.620**
Vigorous PA										1	0.839**	0.821**	0.762**	0.673**
MVPA											1	0.897**	0.783**	0.658**
1-min bouts MVPA												1	0.750**	0.530**
5-min bouts MVPA													1	0.650**
10-min bouts MVPA														1

RM= Repetition maximum. VO<sub>2</sub>max= maximum oxygen volume. PA= physical activity. MVPA= moderate-to-vigorous physical activity.

\*p≤0.05

\*\*p≤0.01

†Values were multiplied by -1 before analyses so that higher values indicate better performance.