**Raw data codebook**

The “1” in the "Gender" represent male; The “2” in the "Gender" represent female.

**Abbreviations:**

TUG, timed up and go

UWS, usual walking speed

MWS, maximal walking speed

CST, 30-s chair stand test

ACT, 30-s arm curl test

BST, back scratch test

CSRT, chair sit and reach test

HS, handgrip strength

OLS, one-legged stance

HSPF, handgrip strength and pulmonary function