The diagram illustrates the percentage of FMD (Foot Mass Density) before and after exercise in different groups: Male (N = 35), Female (N = 39), No exercise (N = 47), and Regular exercise (N = 27).

The table provides the mean FMD values before and after exercise, along with the statistical significance:

- **Male (N = 35)**:
  - Pre-exercise: 7.44 ± 3.41%
  - Post-exercise: 7.71 ± 4.66%
  - P value*: 0.622
  - P value†: 0.018 (F = 5.852)

- **Female (N = 39)**:
  - Pre-exercise: 10.36 ± 5.26%
  - Post-exercise: 7.62 ± 3.71%
  - P value*: 0.002
  - P value†: 0.031 (F = 4.836)

- **No exercise (N = 47)**:
  - Pre-exercise: 9.34 ± 4.87%
  - Post-exercise: 6.92 ± 3.13%
  - P value*: 0.001
  - P value†: 0.031 (F = 4.836)

- **Regular exercise (N = 27)**:
  - Pre-exercise: 8.36 ± 4.37%
  - Post-exercise: 8.95 ± 5.33%
  - P value*: 0.436
  - P value†: 0.031 (F = 4.836)