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Professional cyclists have lower levels of bone markers than amateurs. Is there a risk of osteoporosis in cyclist?

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Highlights

- We compared in this study the bone and muscle state between PRO and AMA and the effect of performance on these variables.
- There were significant differences in whole body bone and muscle mass between PRO and AMA.
- No differences in leg bone and muscle variables between groups, but ANCOVA did detect differences when covarying for FFM.
- There was a significant correlation between BMC and FFM in both groups, being stronger in PRO.
- Significant correlations were observed between VT2 and BMC and FFM, and between WMAX and BMC, but only in PRO.