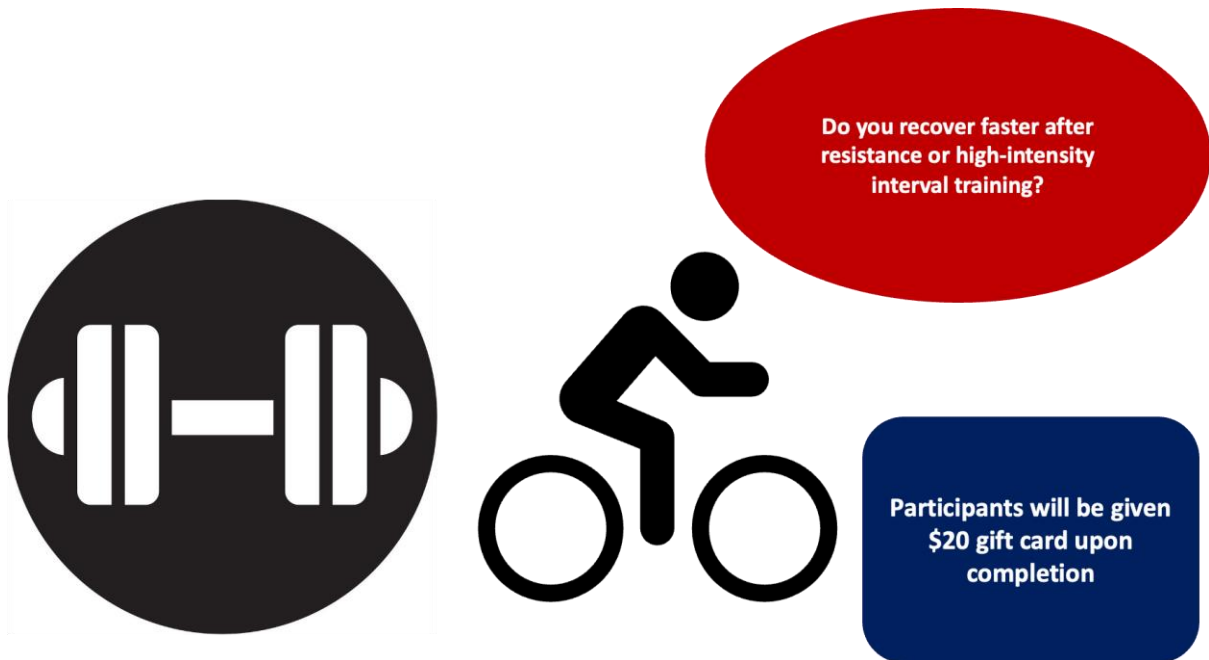


# PARTICIPANTS NEEDED

## How does your genetic background affect how fast you recover after training?



**IF YOU ANSWER YES TO THE NEXT QUESTIONS, YOU ARE ELIGIBLE TO PARTICIPATE IN THIS INNOVATIVE RESEARCH PROJECT!**

- Are you between 18-40 years old?
- Have you been performing lower body resistance training during the last 6 months?
- Have you had no injuries to the lower body during the last 6 months?
- Do you want to know how strong you are? Do you want to know your maximal aerobic capacity?

For this project you will need to:

- Participate in 8 testing sessions spaced over a 15 day period
- Complete one high-intensity interval session on a bike and one lower body resistance training session with a break of 7 days between
- Perform a series of fitness tests before the training session, immediately after, as well as 6 and 24 hours after the completion of the interval or resistance training session.
- Provide one blood sample before the last session
- All testing and training are located in Building 19 on the Joondalup Campus.

IF INTERESTED, PLEASE CONTACT [m.grammenou@ecu.edu.au](mailto:m.grammenou@ecu.edu.au) or scan the QR code

