

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

You might be eligible if:

- You are between 18-40 years old
- You have been performing lower body strength training ≥ 6 months
- You have been injury free for at least 6 months



For this study you will need to:

- Visit the lab 8 times within a period of 15 days
- Perform a resistance training session as well as a high-intensity interval training session
- Perform a fitness test battery pre- and post-exercise as well as 6 and 24 hours post-exercise
- Possibly return to the lab to repeat the testing battery without any training intervention



People completing this study will receive a \$20 gift card

If interested please contact:
m.grammenou@ecu.edu.au

or scan the QR code

