

# Find out how your genetics affect your training adaptations



**Would you like to undertake an 8-week supervised training programme for FREE?**

## **You might be eligible if:**

- You are between 18-40 years old
- You have been undertaking lower body strength training for  $\geq 6$  months
- You have been injury free for at least 6 months

Participants will be given a \$50 gift card upon completion of the training programme



If interested please contact:

[m.grammenou@ecu.edu.au](mailto:m.grammenou@ecu.edu.au)

or scan the QR code

