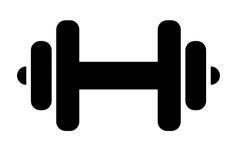


## Healthy participants needed for exercise research study at UBC:

The effects of load and oxygen availability on muscle endurance



THE UNIVERSITY OF BRITISH COLUMBIA

We are recruiting healthy, untrained, resistance trained, and endurance trained, women & men aged 19-30 for a study looking at the effects of weight training load and oxygen availability on maximum repetitions completed during resistance exercise

**Total Duration** = Three weeks **Visits** = Six **Time Commitment** =  $\sim$ 7 hours

In this study you will **perform as many knee-extension and barbell curl repetitions** as possible against varying loads, both with and without limb blood flow restriction. <u>A</u> **thigh muscle biopsy** will be taken during week 1 to correlate performance with your baseline muscle characteristics.

Compensation for participation will be provided.

For more information, please contact Matthew Fliss at matthew.fliss@ubc.ca

Study Reference Number - H22-03204