

Effectiveness of strength “snacks” for improving strength, muscle mass, and muscular performance in healthy males.

ACTRN12619001497190

Status RECRUITING
Sponsor Deakin University
Enrollment 14 participants

Plain Language Summary

Building strength and muscle mass has well-established health benefits, but many people find traditional gym programs time-consuming, complicated, or hard to stick with. This study is testing whether short, infrequent, high-load resistance training sessions — called 'strength snacks' — can effectively build strength and muscle in young men who have not been doing regular resistance training.

Participants will complete low-volume, high-intensity exercise sessions using a simple, evidence-based protocol. The study will measure changes in muscle strength, muscle mass, and neuromuscular performance over the training period. Researchers also want to understand whether this type of training produces more enjoyable exercise experiences, which may help people stick with strength training long-term.

You may be eligible if you are a male aged 18 to 35, are generally healthy with no cardiovascular or musculoskeletal conditions, and have not done structured resistance training more than once per week for the past 6 months. This study is for untrained or minimally trained men who want to find out whether a simple, time-efficient approach to strength training can produce real results.

Key Eligibility Criteria

Inclusion (3)

- Male
- Aged 18-35 years
- Apparently healthy (as determined from the ESSA screening questionnaire) and without any current or previous cardiovascular or musculoskeletal conditions

Exclusion (1)

- Have performed any structured resistance training consistently (i.e., more than once per week for three consecutive weeks or more) in the previous 6 months

Locations (1 total)

VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001497190>

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