

Examining the Role of Female Endogenous Sex Hormones in Eccentric Exercise

NCT05934708

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Southern California
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (10)

- years of age
- BMI of 18.5-29.9 as a BMI below or above these cut points results in highly varied menstrual cycle lengths \[15\]
- Not taking contraception or other types of medication that could influence reproductive status
- Regular menstruation
- Non-pregnant

... and 5 more (see full listing online)

Exclusion (16)

- Amenorrhea or oligomenorrhea
- Perimenopausal or menopausal
- Recreational or professional trail or downhill runner
- On a form of contraception
- Cardiac disability

... and 11 more (see full listing online)

Locations (1 total)

Clinical Exercise Research Center, Los Angeles, California, United States