

Resistance Exercise-induced Anabolism in Youths and Adults

NCT06256744

Status	RECRUITING
Phase	Not Applicable
Sponsor	Brock University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (2)

- healthy
- free of injury that would prevent resistance exercise

Exclusion (10)

- consumed any medications in the past year which may affect muscle function
 - had an injury in the past 6 months that would limit the movements required for the protocols
 - been told that has diabetes
 - been told that had a heart problem
 - been told that have a breathing problem (e.g., asthma)
- ... and 5 more (see full listing online)

Locations (1 total)

Brock University, St. Catharines, Ontario, Canada