

# FIT Exercise in 30d of ULLS-induced Muscle Disuse

NCT06631053

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Lance Bollinger
<b>Enrollment</b>	16 participants

## Key Eligibility Criteria

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### Inclusion (2)

- Regularly engaging in aerobic exercise ( $\geq 150$ min/wk) and resistance exercise ( $\geq 1$  time per week) for the past 12 months
- Education greater than or equal to bachelor's degree (any field)

### Exclusion (17)

- Waist circumference  $\leq 55$ cm or  $\geq 90$ cm (F) and  $\leq 75$ cm or  $\geq 100$ cm (M)
- Body mass index  $\leq 18.5$  or  $\geq 29.9$
- Shoe size  $\leq 25$  or  $\geq 29$ cm.
- Not regularly engaging in exercise for previous 12 months
- Tobacco use within previous 6 months
- ... and 12 more (see full listing online)

## Locations (1 total)

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University of Kentucky, Lexington, Kentucky, United States