

Impact of Menstrual Cycle-Based Resistance Training on Neuromuscular Performance in Female Athletes

NCT06679491

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universite de La Reunion
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (8)

- Female athletes with natural menstrual cycles (eumenorrheic): Participants must have regular menstrual cycles lasting between 21 and 35 days, with at least 9 cycles per year.
- Women using a low-dose monophasic estrogen-progestin oral contraceptive.
- Age 18 or older: Participants must be legal adults.
- Body Mass Index (BMI) between 18 and 30 kg/m².
- No medical contraindications to high-level physical training or exercise.
- ... and 3 more (see full listing online)

Exclusion (1)

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Locations (1 total)

Laboratoire IRISSE (Université de La Réunion), Le Tampon, France, Reunion