

# Effect of BioStrength Training on Muscle Strength and Satisfaction in Adults Aged 30-65

NCT06727695

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Graz
Enrollment	42 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Age between 30 and 65 years
- Healthy individuals without significant medical conditions
- Less than 6 months of prior strength training experience
- Willing and able to participate in a 12-week training program
- Capable of performing strength training exercises such as leg press and chest press
- ... and 1 more (see full listing online)

### Exclusion (8)

- History of coronary heart disease
- History of stroke
- Need for changes in antihypertensive treatment within 3 months prior to study start
- Arthritis
- Pregnancy or less than three months postpartum
- ... and 3 more (see full listing online)

## Locations (1 total)

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CF Leibnitz, Leibnitz, Styria, Austria