

Comparing Two Eccentric Protocols on Muscle Damage

NCT06992271

Status	RECRUITING
Phase	Not Applicable
Sponsor	New York Institute of Technology
Enrollment	16 participants

Key Eligibility Criteria

Inclusion (2)

- Sixteen young adults (ages 18-35) will be enrolled in this study.
- In order to be enrolled, they must have completed at least three months of resistance training in the past five years in order to minimize the learning effect and chance of injury.

Exclusion (3)

- Since regular resistance training reduces the primary outcomes, muscle damage and soreness, individuals who currently participate in chest press resistance training at least once per week will be excluded.
- Individuals who have musculoskeletal injuries in the shoulder, elbow or wrist that preclude pain-free resistance training, or who have underlying uncontrolled cardiovascular complications will also be excluded.
- Women who are pregnant, or may consider becoming pregnant over the subsequent 2 months, will be excluded

Locations (1 total)

NYIT, Old Westbury, New York, United States