

# BPIT 5-Week Multi-Site Study: Movement Efficiency, Mobility & Neuromuscular Adaptation

NCT07256717

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Status	RECRUITING
Phase	Not Applicable
Sponsor	MMSx Authority Institute for Movement Mechanics & Biomechanics Research Inc.
Enrollment	369 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Adults aged 18-65 years Generally healthy with regular physical activity history (at least 1-2 sessions per week for the past 3 months) Able to commit to 3-5 supervised training sessions per week for 5 weeks Willing and able to provide written informed consent Cleared by pre-screening (no acute injury, no contraindications)

### Exclusion (1)

- Acute musculoskeletal injury within the past 3 months Known cardiovascular, metabolic, or orthopaedic conditions that contraindicate exercise Pregnancy or planning pregnancy Use of medications or supplements that significantly affect muscle recovery or performance (e.g., corticosteroids, anabolic agents) Inability to follow the BPIT protocol or attend required sessions

## Locations (10 total)

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BodyGNTX Fitness Institute, Columbus, Ohio, United States

MMSx Authority Biomechanics Department, Powell, Ohio, United States

MMSx AUTHORITY INSTITUTE FOR MOVEMENT MECHANICS & BIOMECHANICS RESEARCH (COORDINATING CENTER), Powell, Ohio, United States

... and 7 more locations