

# Study of 15% Versus 30% Velocity Loss Thresholds During Body-weight Squats and Their Effects on Strength and Endurance in Young Women

NCT07461701

---

<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Health Sciences Lahore
<b>Enrollment</b>	52 participants

## Key Eligibility Criteria

---

### Inclusion (5)

- Female participants
- Years
- Body Mass Index less than 30 kg/m<sup>2</sup>
- Low physical activity level
- Able to perform body weight squats without pain or assistance

### Exclusion (5)

- Recent Cardiovascular Disease
- Current Patellar Injury
- Recent Musculoskeletal Injuries
- Current Pregnancy or Postpartum Period within the last 6 months
- Participation in resistance or endurance training programs in the past 6 months.

## Locations (1 total)

---

University of Health Sciences, Lahore, Punjab Province, Pakistan