imaging, lower-body strength assessments,
eccentric muscle damage protocol, muscle stimulation, electromyography (EMG), and soreness assessments
x 5 visits to KSM’s Neuromuscular and Occupational Performance Lab
(Room 112)
x There are no direct benefits to you as a participant in this research
x Compensation of up to $30 for the completion of the study

We are looking for:
¾ Younger females (18-35 years oldY

Y

years old) not be on any hormone replacement

therapies

¾ Participants who when looked at over the previous 6 months, will have

performed: