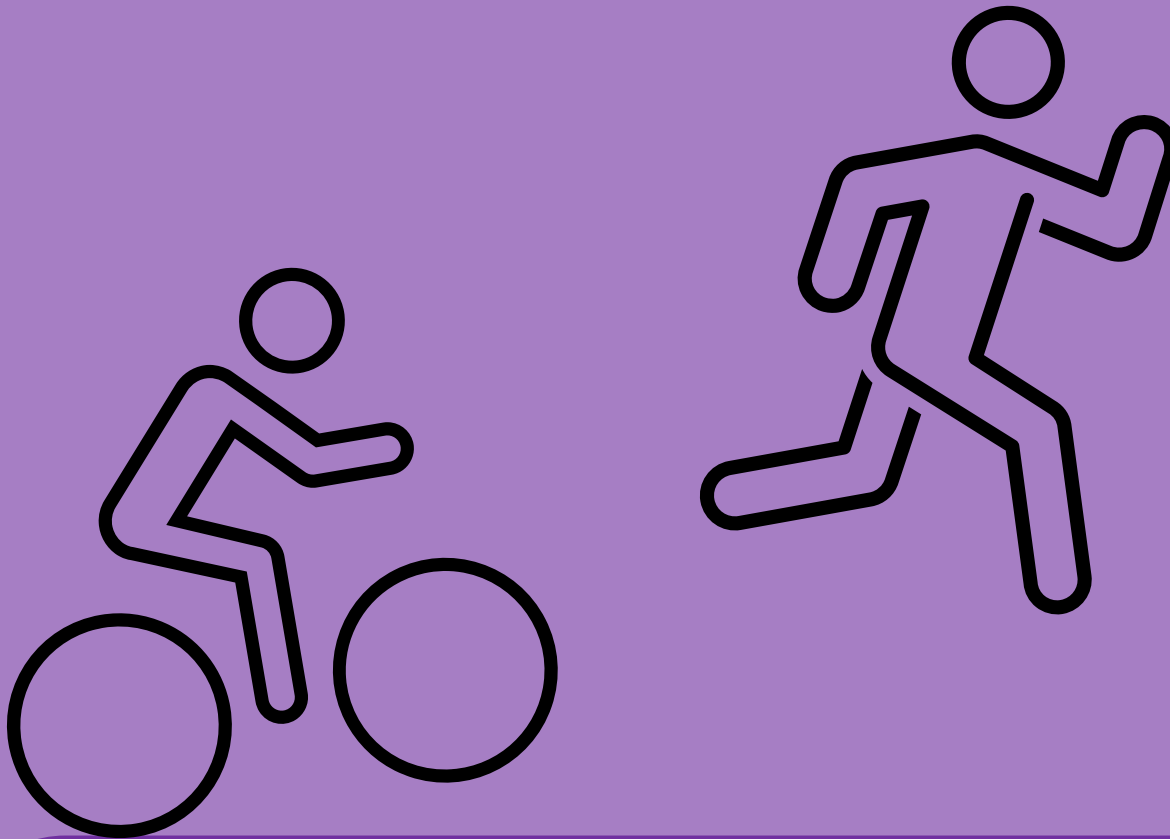


# Are You Currently Aerobically Trained?

Help the Neuromuscular Physiology Laboratory within the Kinesiology Department at TCU understand how males and females respond to muscle fatigue and recovery during resistance exercise!

**TCU IRB# 2022-246**



Contact **Monique Dudar** for more information

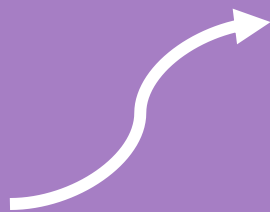


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[@tcuneuro](https://www.instagram.com/tcuneuro)

Scan to contact us!



## Requirements:

- ✓ 2 visits
- ✓ Ultrasound imaging, knee extension 1 repetition maximum testing, surface electromyography (EMG) assessments, and fatiguing knee extension protocol

## To qualify:

- ✓ Currently aerobically trained and have been so for  $\geq 12$  months (performing  $\sim 300$  mins/week of moderate-vigorous aerobic activity)
- ✓ 18-35 years old
- ✓ Absence of lower body injuries
- ✓ **NO:** pregnancy/nursing, cardiovascular, renal, metabolic disorders, or hormone replacement therapy

## Risks

- ✓ Muscle soreness following the resistance training protocol