



WANT TO START EXERCISING? WE CAN HELP!

IRB# 1920-240-AM5

- We are conducting a four-week exercise research study on the effects of different rowing conditions in sedentary or low active individuals.
- In order to participate, you must be at least the age of 18 without any physical or psychological disabilities that would interfere with a rowing exercise and exercising below 150 minutes of moderate exercise or 75 minutes of vigorous exercise.
You will be asked to exercise three times per week over four-weeks plus complete initial and post-test assessments. The total amount of time required for all of the visits will be approximately 23 hours over 15 visits (initial testing (~3 hours)), informed consent and questionnaires, 2000M row testing protocol, with warm-up and cooldown (~20-30 minutes), and post-test protocol (~1.5 hours).
- Participation is completely voluntary, and your answers will be anonymous.
- By completing this study, you may increase your physical fitness levels. Additionally, you may lose weight and body fat percentage. You will also receive information about your cardiorespiratory fitness and body composition.
- Upon completing the study, you will be entered to win an \$80 gift card.

Contact

For more information and/or to participate in the study, please contact Dr. Robyn Trocchio at r.trocchio@tcu.edu or 817-257-5623



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