Healthy untrained young women needed for research study at UBC:

The effects of higher- and lower-load weightlifting on arm and leg muscle mass changes

We are recruiting healthy, sedentary/moderately active, women aged 18-30 for a study looking at the effects of higher- and lower-load weightlifting on arm and leg muscle mass changes.

You will receive detailed information on your body composition, muscular strength, and muscular endurance, receive 10-weeks of personal training, and have transportation costs to the research facility covered.

Duration of Study = 12 consecutive weeks

Number of Visits = 35 (30 training sessions + 5 testing sessions)

Total Time Commitment = 20 hours across 12-weeks

This study will involve one of your arms and legs being assigned to train with higher-loads and the other arm and leg being assigned to train with lower-loads thrice weekly for 10-weeks. You will also have your body composition, strength, and muscle endurance measured at weeks 1, and 12.

For more information, please contact Matthew Fliss at matthew.fliss@ubc.ca.

Study Reference Number – H20-01570