



Female resistance training study enrolling now

Researchers at the University of Kentucky invite you to participate in a research study for resistance training. This study looks to investigate upper body fatigue and performance in exercise training. Participants will be required to make 3 visits to an exercise physiology laboratory.

You may be eligible to participate if you:

- Are at least 18 - 35 years old;
- Are female
- Currently participate in resistance training

For more information:

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