



Help Us Develop A More Efficient Exercise Program!

Researchers at the University of Kentucky are studying aerobic and muscle recruitment responses to Flywheel-based Inertial Training (FIT), a new type of exercise. Participants in the study will make four visits (one to two hours each) to UK's Exercise Physiology Lab on campus. Participants will be compensated \$20 at the end of the study.

You may be eligible to participate if you:

- Are between the ages of 18 and 50
- Regularly participate in aerobic and resistance exercise

You may NOT be eligible to participate if:

- You have had a back or leg injury or surgery in the past 6 months
- You have any of the following disorders or diseases:
 - Balance
 - Cardiovascular
 - Pulmonary (ex. COPD)
 - Neuromuscular (ex. multiple sclerosis)
 - Musculoskeletal (ex. Arthritis)
 - Metabolic (ex. diabetes)



An Equal Opportunity University

For more information:

Lance Bollinger, PhD
lance.bollinger@uky.edu
859.351.8709