



Short-term resistance training study enrolling now

Researchers at the University of Kentucky are inviting you to participate in a study about the effects of very short term, dynamic constant external resistance (DCER) exercise on lower body neuromuscular responses. The study will require the participants to visit the lab a total of 7 occasions, with 24-72 hours between each visit.

You may be eligible if you:

- Are between the ages of 18 to 35 years
- Are physically active
- Have NOT participated in any structured resistance-training program within the last 3 months
- Have NO known cardiovascular, pulmonary, metabolic muscular, and/or coronary heart disease

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