



## Help us learn about leg extension exercises

Researchers at the University of Kentucky are inviting you to participate in a research study for resistance training. This study looks to examine lower body fatigue and performance in a resistance training movement. Participants will be required to complete as many repetitions as possible of the leg extension exercise at various weights.

### You may be eligible to participate if you:

- Are 18 - 35 years old
- Are male or female
- Do NOT have any musculoskeletal injuries
- Do NOT have any neuromuscular diseases
- Are currently participating in resistance training
- Are NOT pregnant



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### For more information:

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