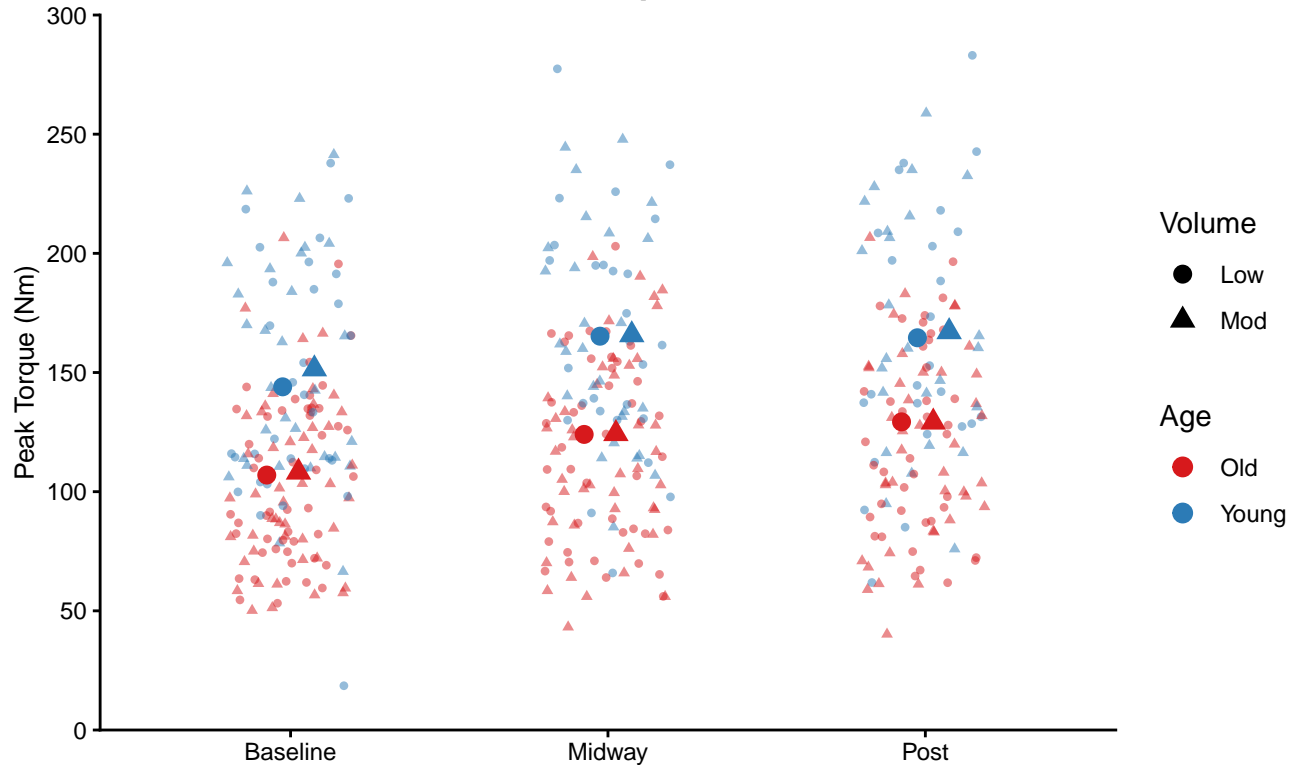


Mean Peak Torque at 60 °/s



Data from the relief study, comparing low and moderate training volumes in young and old. Midway = after 12 RT sessions, Post = after 24 RT sessions.