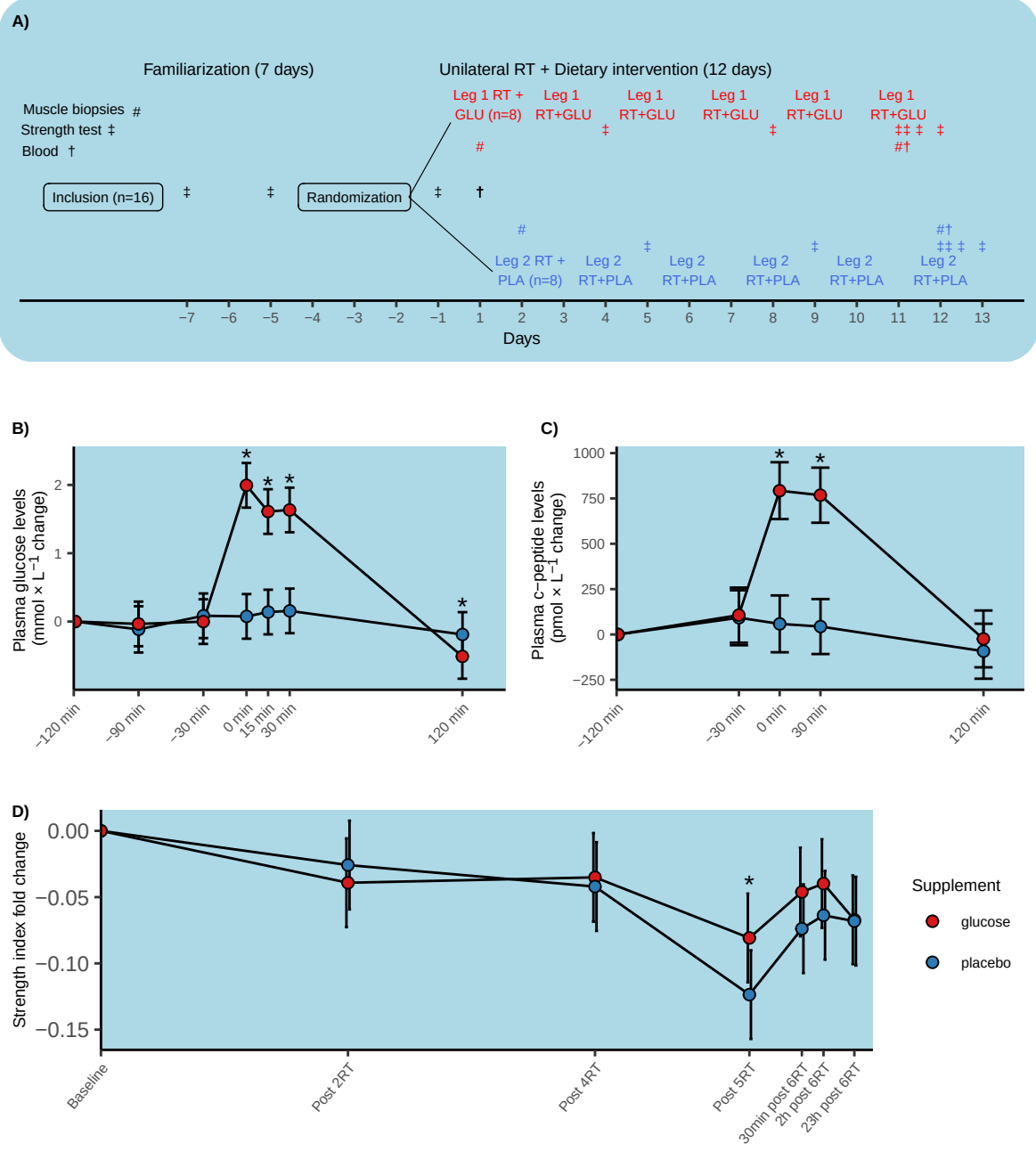
A)
Familiarization (7 days)
Unilateral RT + Dietary intervention (12 days)
Muscle biopsies #
Strength test ‡
Blood †
Inclusion (n=16)
Randomization
Leg 1 RT + GLU (n=8)
Leg 1 RT+GLU
Leg 2 RT + PLA (n=8)
Leg 2 RT+PLA
Days
B)
Plasma glucose levels (mmol × L−1 change)
−120 min
−90 min
−30 min
0 min
15 min
30 min
120 min
C)
Plasma c−peptide levels (pmol × L−1 change)
D)
Strength index fold change
Baseline
Post 2RT
Post 4RT
Post 5RT
30min post 6RT
2h post 6RT
23h post 6RT
Supplement
glucose
placebo