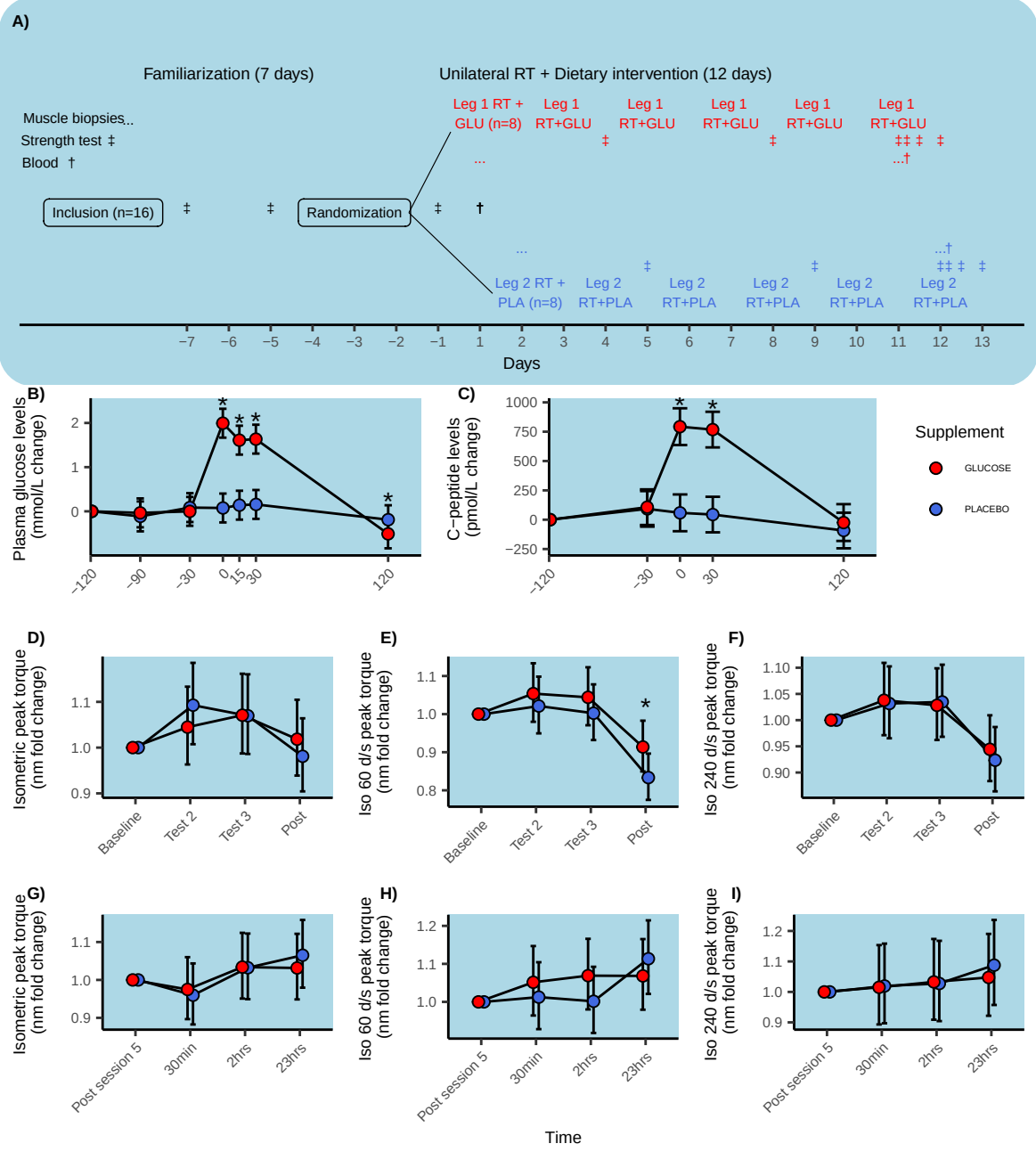
A)
Familiarization (7 days)
Unilateral RT + Dietary intervention (12 days)
Muscle biopsies...
Strength test ‡
Blood †
Inclusion (n=16)
Randomization
Leg 1 RT + GLU (n=8)
Leg 1 RT+GLU
Leg 2 RT + PLA (n=8)
Leg 2 RT+PLA
Days
B)
Plasma glucose levels (mmol/L change)
C)
C−peptide levels (pmol/L change)
Supplement
GLUCOSE
PLACEBO
D)
Isometric peak torque (nm fold change)
E)
Iso 60 d/s peak torque (nm fold change)
F)
Iso 240 d/s peak torque (nm fold change)
Baseline
Test 2
Test 3
Post
G)
H)
I)
Post session 5
30min
2hrs
23hrs
Time