

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 1  
RT+GLU  
‡Leg 1  
RT+GLU  
‡Leg 1  
RT+GLU  
‡‡‡  
#†

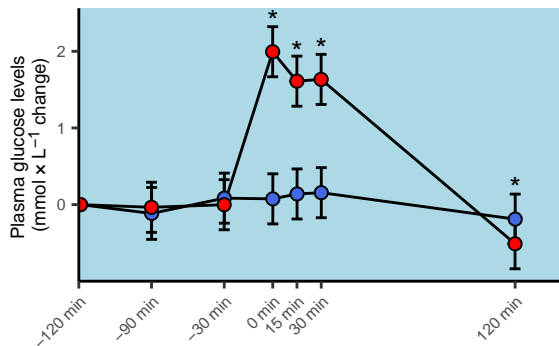
#

Leg 2 RT +  
PLA (n=8)  
‡Leg 2  
RT+PLA  
‡Leg 2  
RT+PLA  
‡Leg 2  
RT+PLA  
‡Leg 2  
RT+PLA  
‡#†  
‡‡‡  
‡

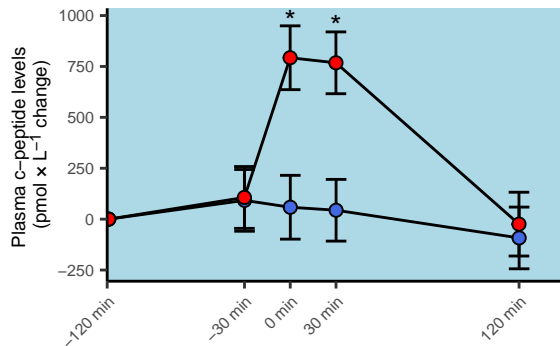
Days

-7 -6 -5 -4 -3 -2 -1 1 2 3 4 5 6 7 8 9 10 11 12 13

B)



C)



D)

