

a

Familiarization (7 days)

Unilateral RT + Dietary intervention (12 days)

Muscle biopsies #
Strength test ‡
Blood †

Leg 1 RT +
GLU (n=8)
#

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡‡‡
#†

Inclusion (n=16)

Randomization

Leg 2 RT +
PLA (n=8)

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

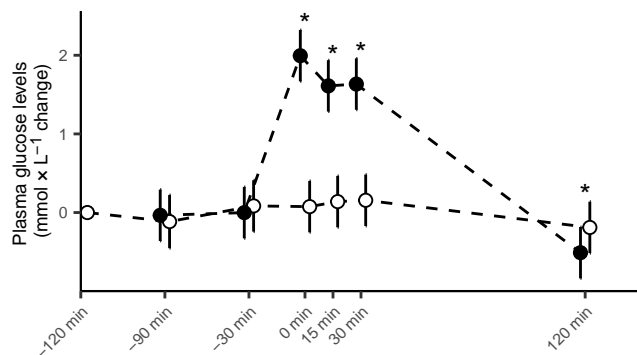
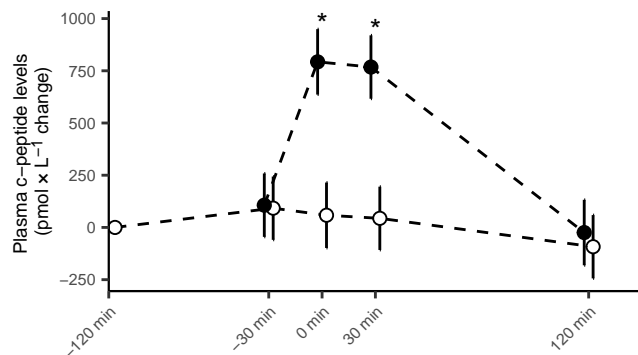
Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

#†
‡‡‡
‡‡‡
‡‡‡
‡
Leg 2
RT+PLA

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

Days

b**c****d**