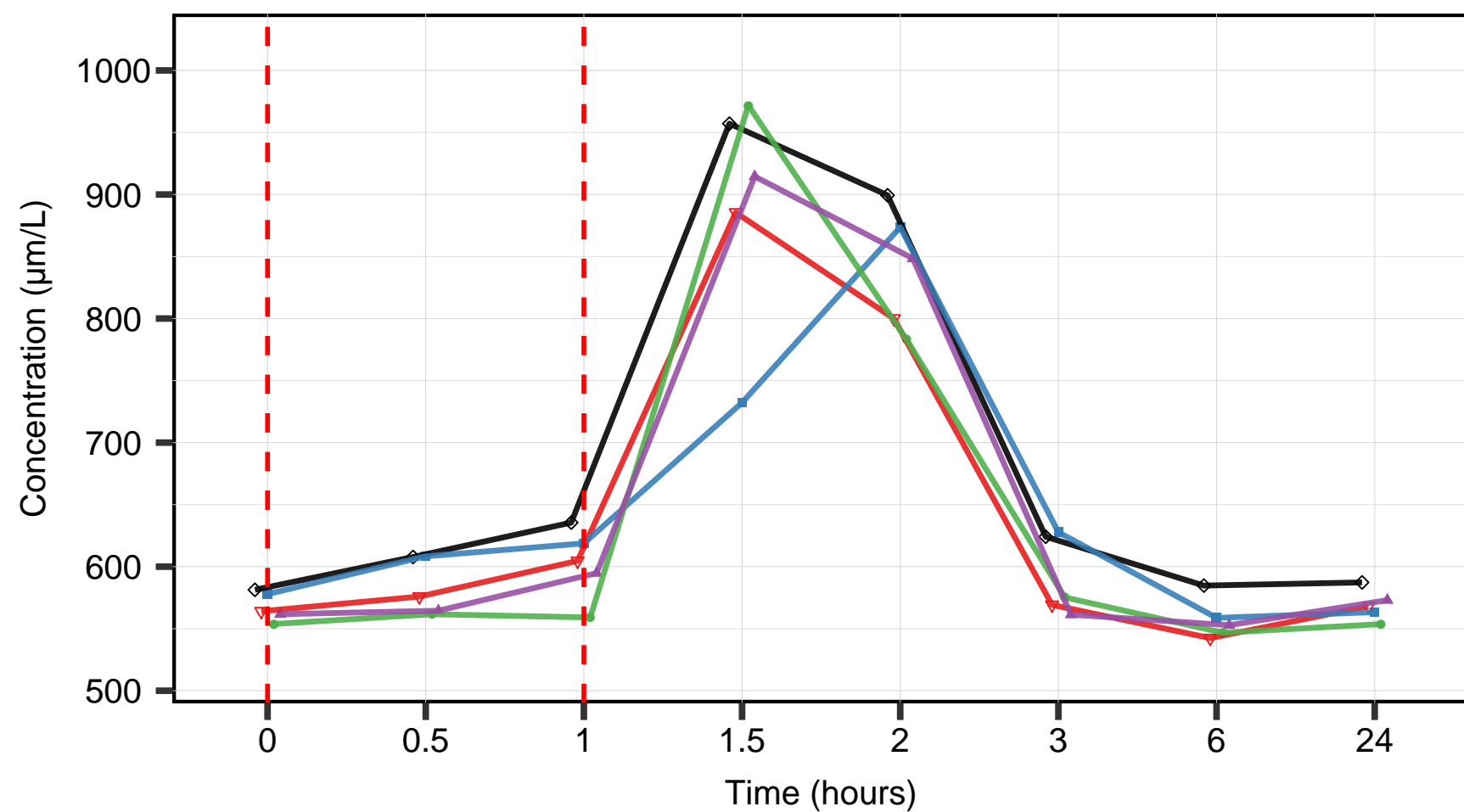


—Rest—70% Wmax—70% Wmax-DH—50% Wmax—55% / 85% Wmax

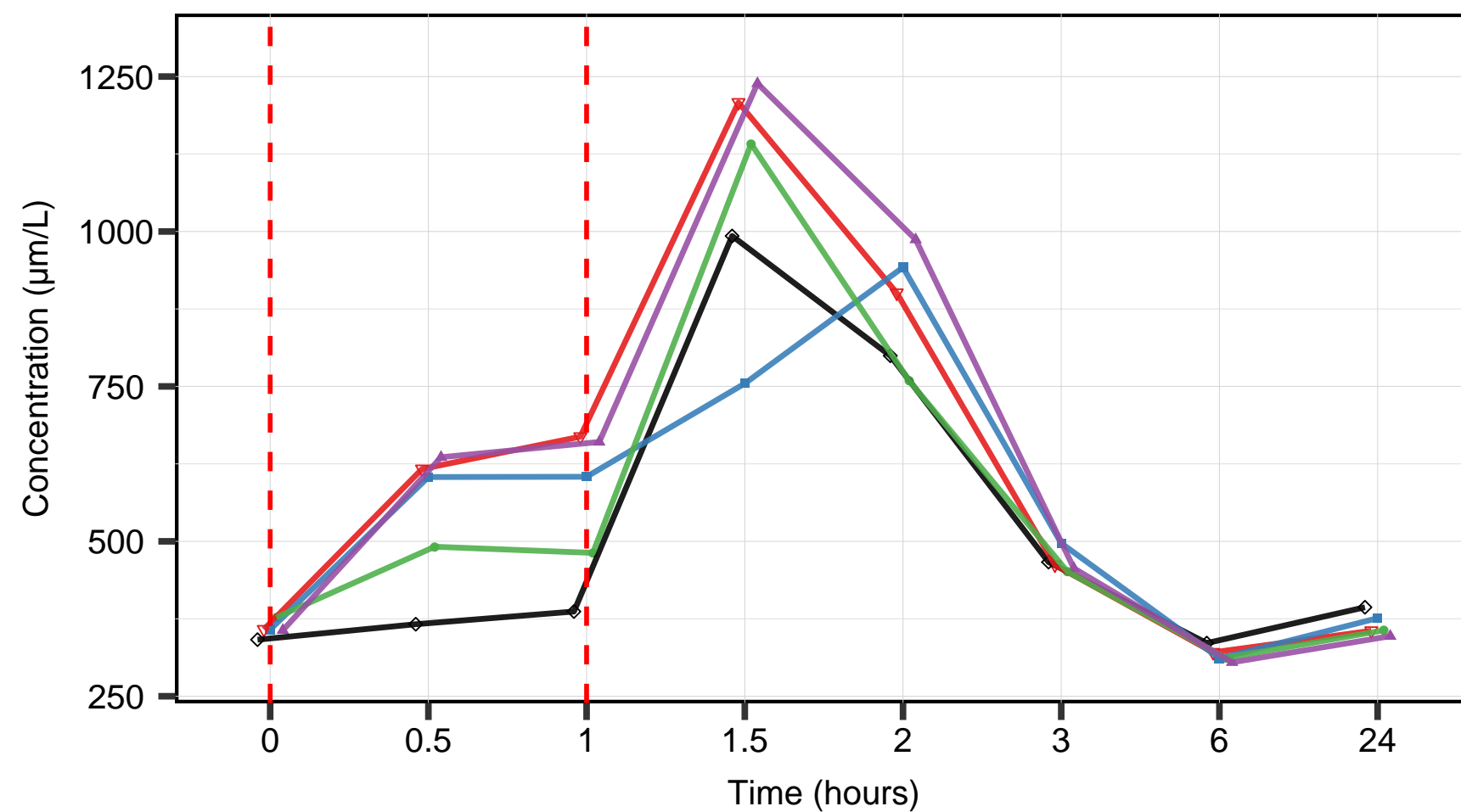
**A**

Glutamine



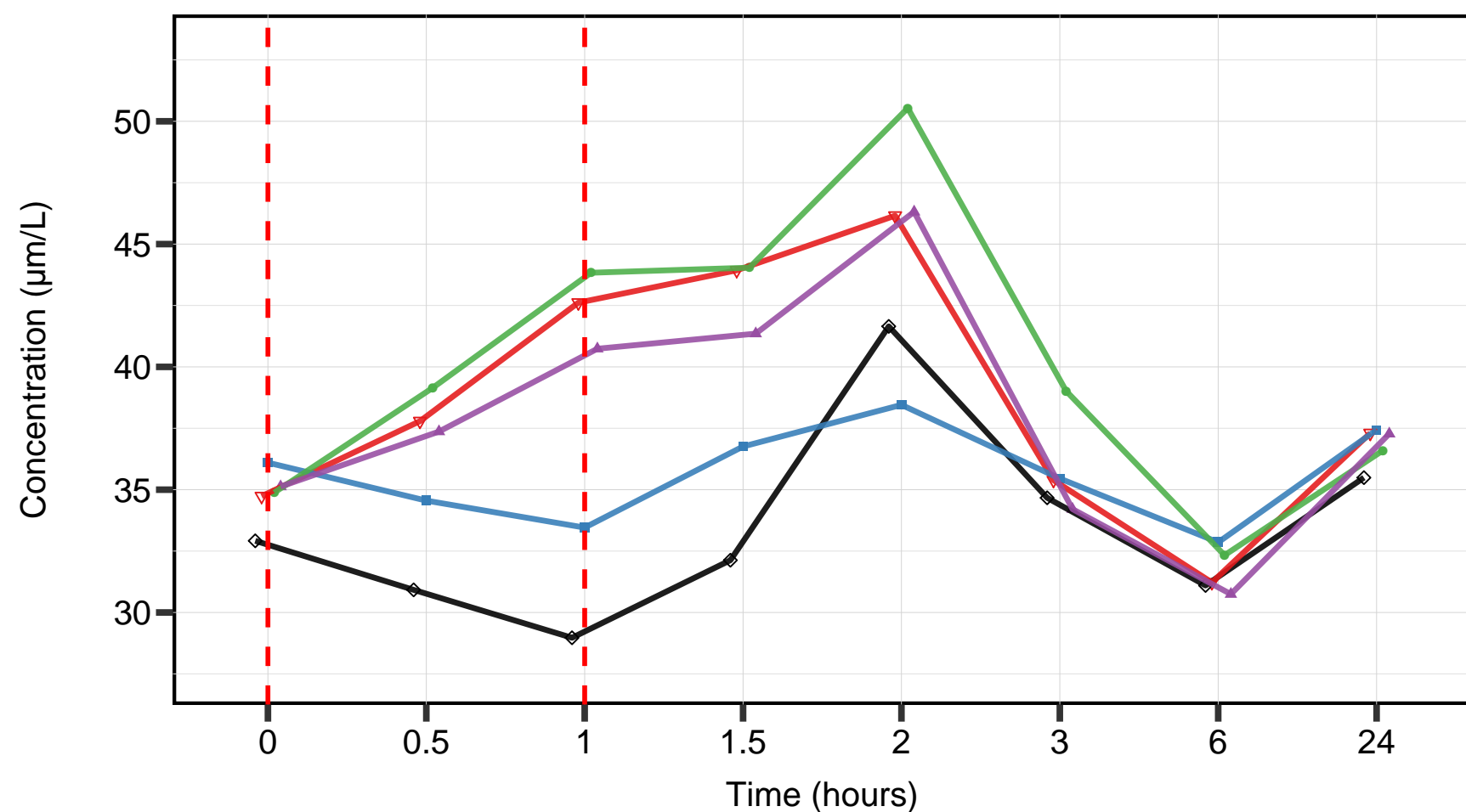
**B**

Alanine



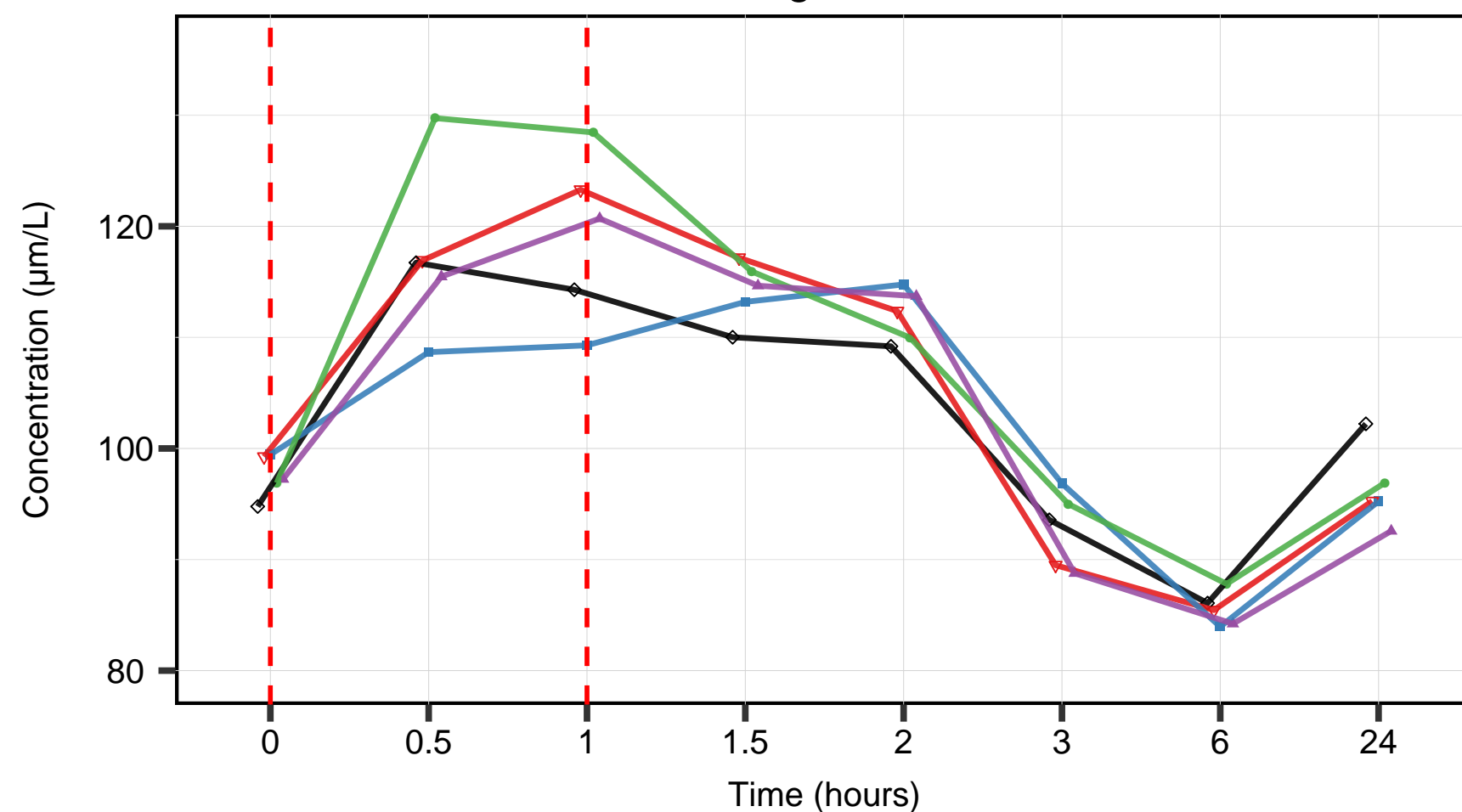
**C**

Citrulline



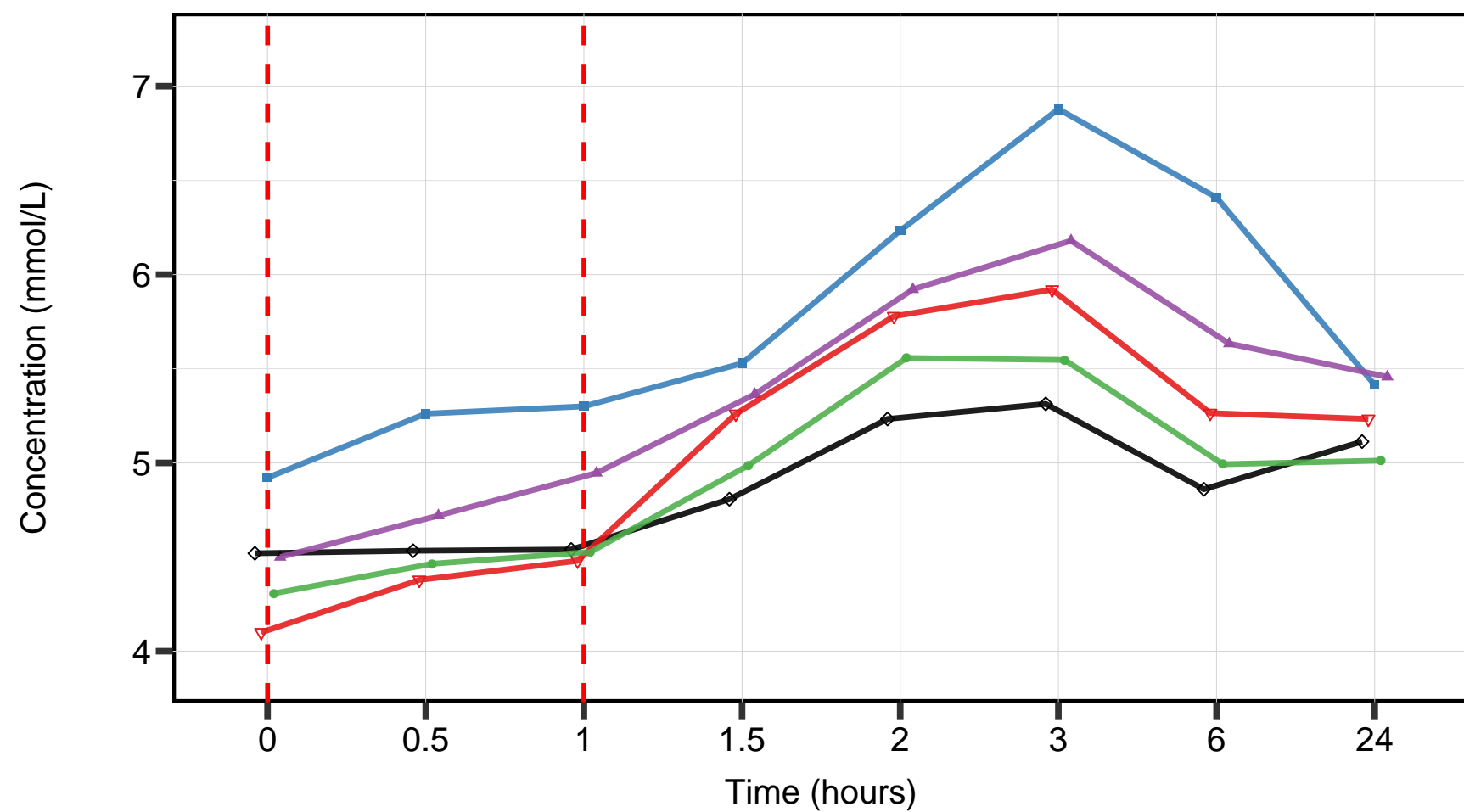
**D**

Arginine



**E**

Urea



**F**

Creatine-phosphokinase

