Mappeeksamen

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1 Statistical inference

I'm adding text[1]

2 Effects of resistance training volume on lean body mass

2.1 Introduction

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2.2.1 Participants

Participants are described in Table 2.1

Table 2.1: Participant characteristics

	Age (years)	Stature (cm)	Body mass (kg)
Female n = 18	22 (1.3)	167.7 (6.9)	64.4 (10.4)
Male n = 16	23.6 (4.1)	182.9 (5.9)	75.8 (10.7)

2.2.2 Study design

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2.3 Results

2.3.1 Higher Training volume results in greater regional hypertrophy

The mean difference in regional lean body mass change between sets conditions was 122.8 (95% CI: [8.6, 237.0], P-value = 0.036, t33 = 2.19).

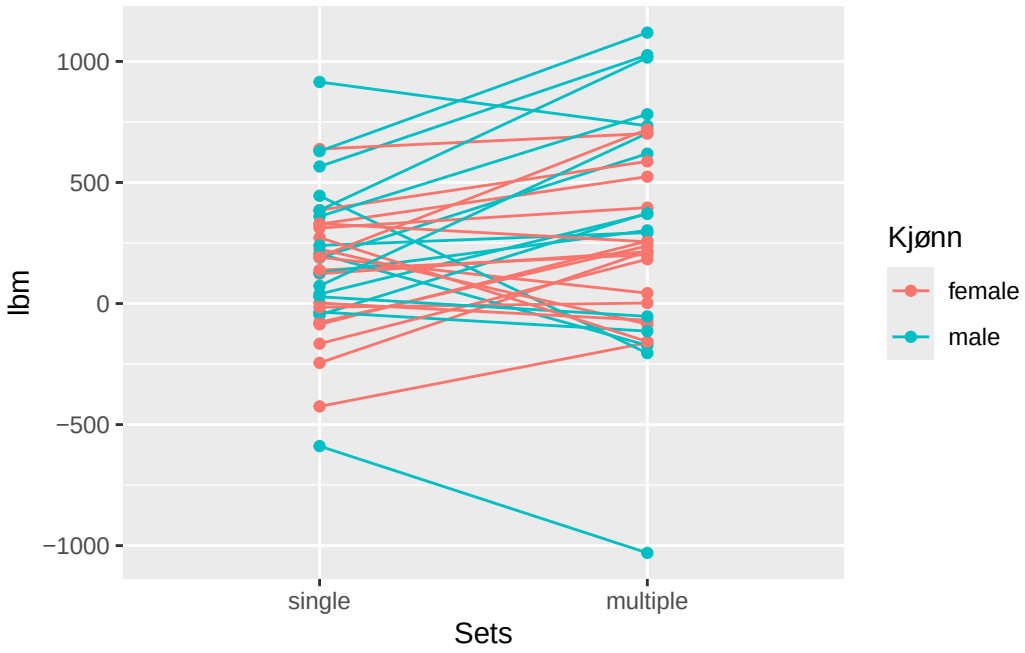

Figure 2.1: Lean body mass changes from pre- to post-intervention in male and female participants.

2.4 Discussion

References

1. Ugurlu, D. *et al.* Dose-response effects of 8-week resistance training on body composition and muscular performance in untrained young women: A quasi-experimental design. *Medicine* **103**, e40322 (2024).