

## Experimental group

Biopsy sample †

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Muscle thickness assessment ‡

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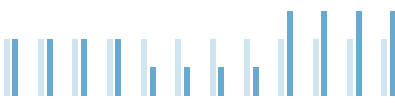
Strength assessment \*

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Training volume  
sets session<sup>-1</sup>

9  
6  
3  
0



Training intensity

10RM

## Control group

1

6  
Session

12

2–4 weeks