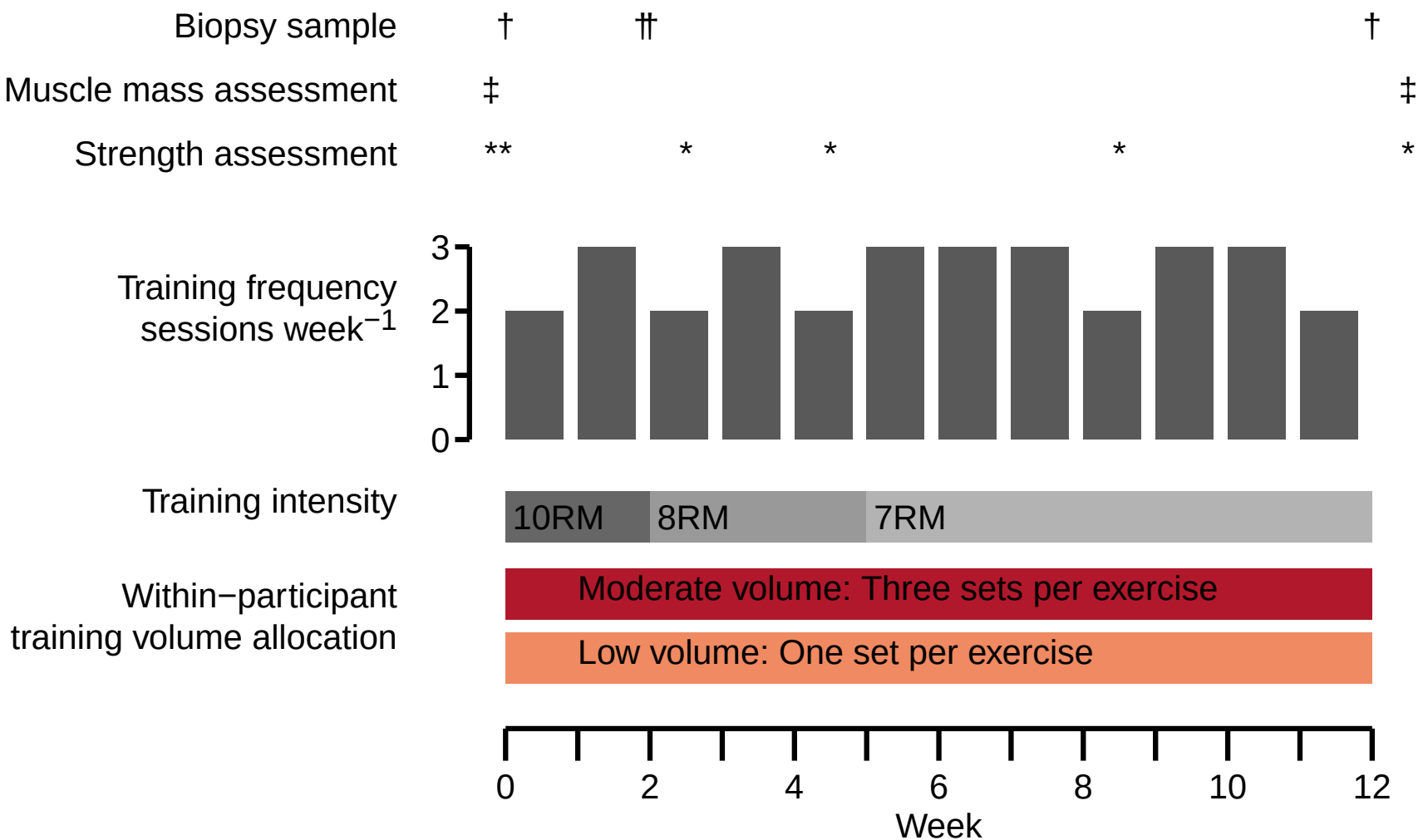
Biopsy sample
Muscle mass assessment
Strength assessment
Training frequency sessions week^{-1}
Training intensity
10RM
8RM
7RM
Within−participant training volume allocation
Moderate volume: Three sets per exercise
Low volume: One set per exercise
Week