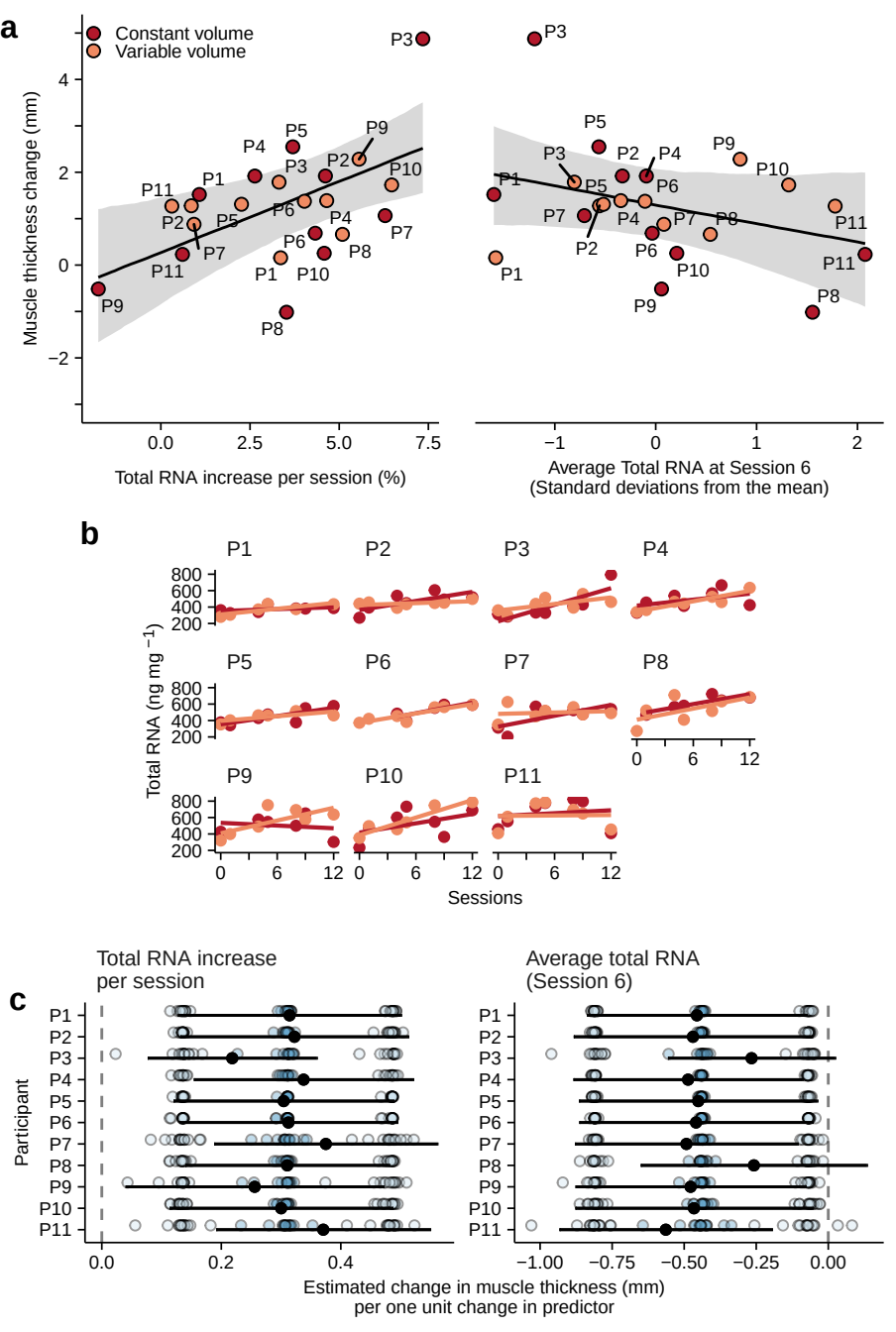
a
Constant volume
Variable volume
Muscle thickness change (mm)
Total RNA increase per session (%)
Average Total RNA at Session 6
(Standard deviations from the mean)
b
Total RNA (ng mg −1)
Sessions
c
Total RNA increase
per session
Average total RNA
(Session 6)
Participant
Estimated change in muscle thickness (mm)
per one unit change in predictor