

Experimental group

Biopsy sample † † † † † † † †

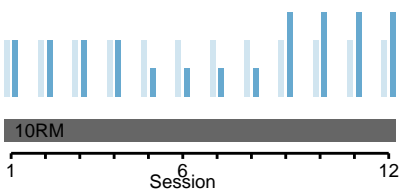
Muscle thickness assessment ‡ ‡ ‡

Strength assessment * * *

Training volume
sets session⁻¹

Training intensity

Control group



2-4 weeks