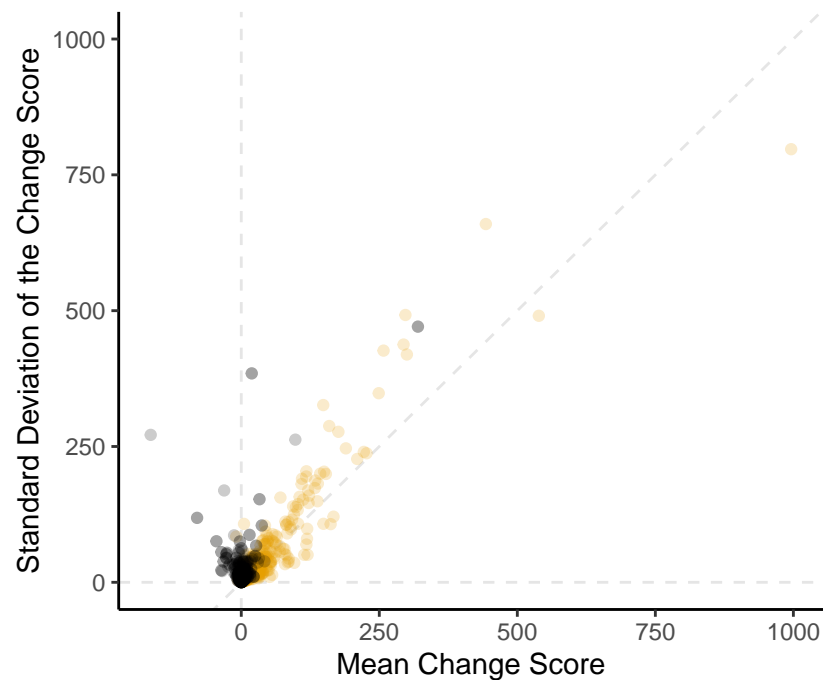


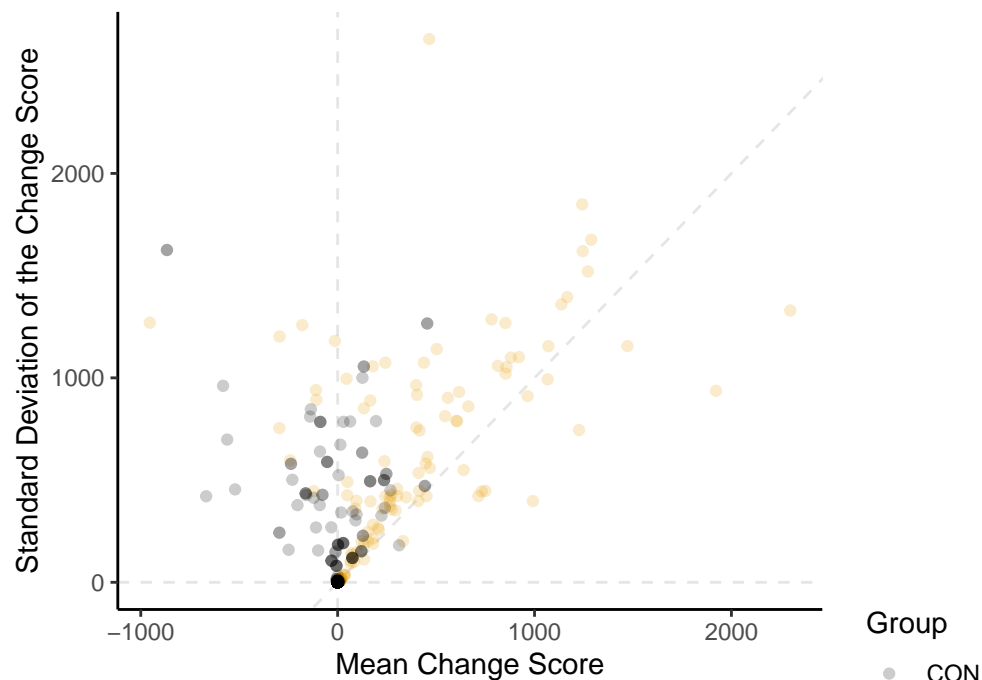
A

Strength Outcomes

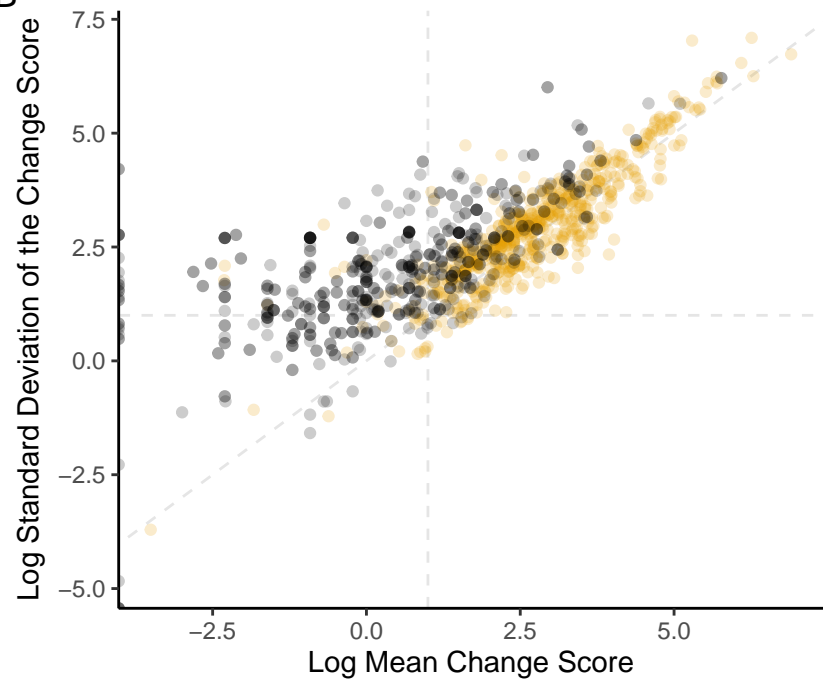


C

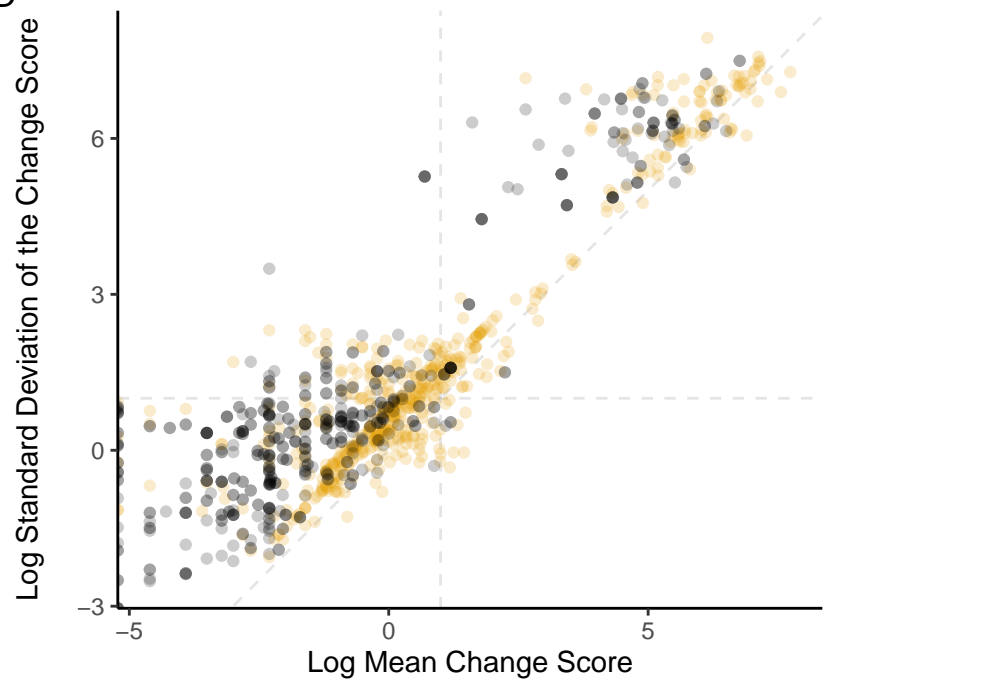
Hypertrophy Outcomes



B



D



Group

- CON
- RT