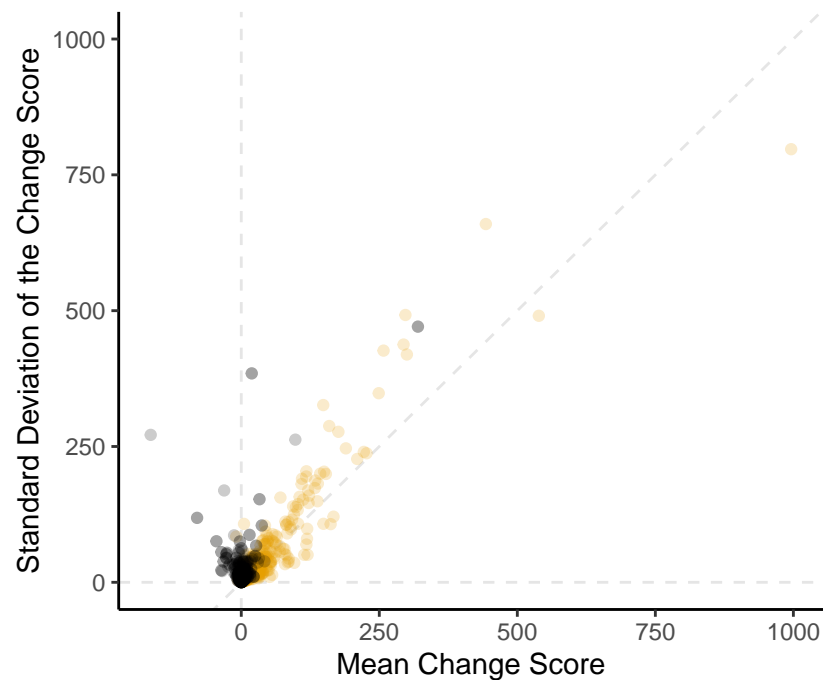


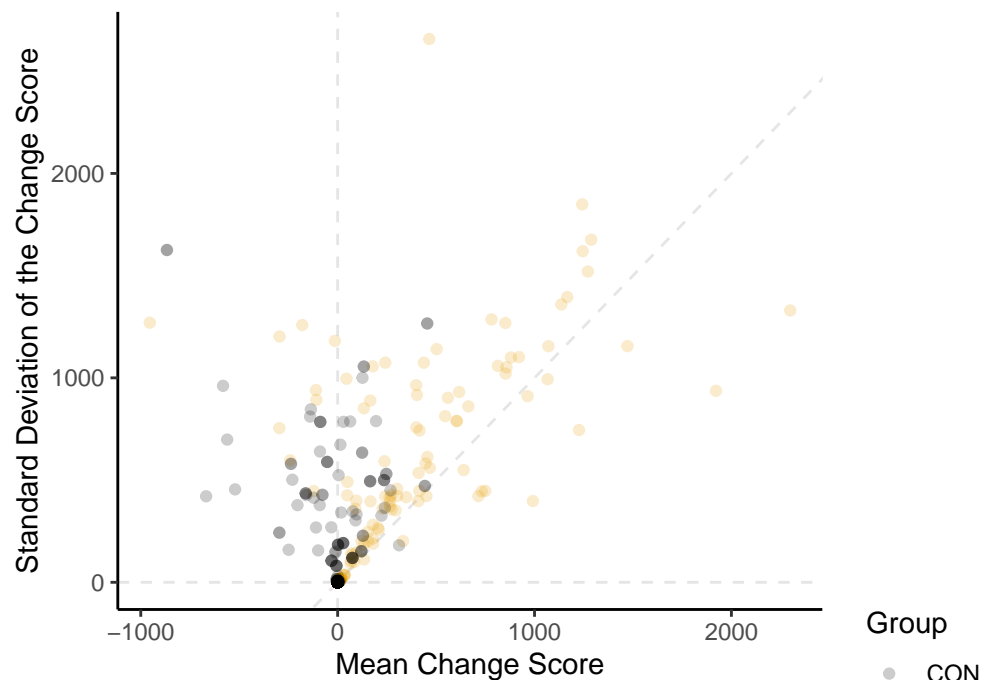
A

## Strength Outcomes

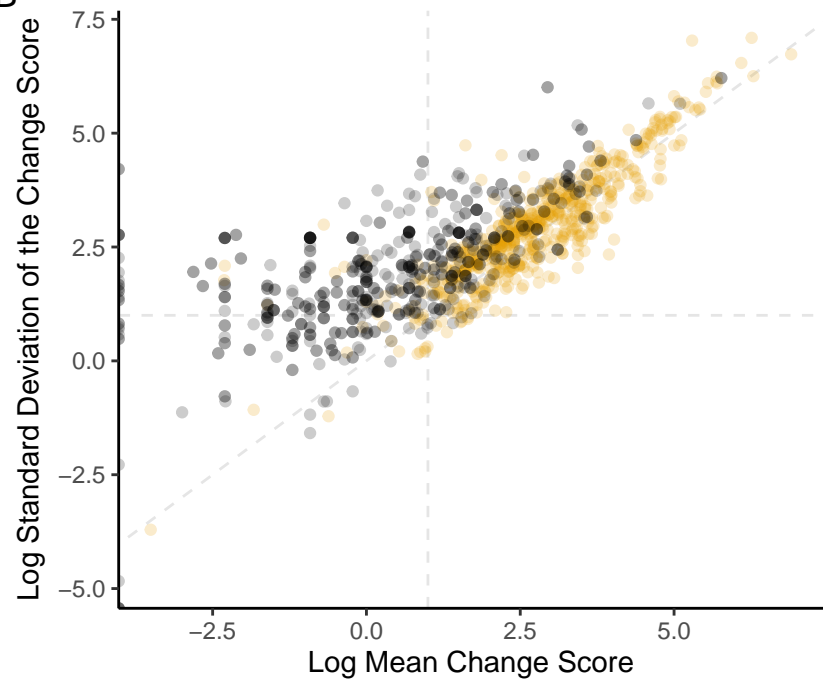


C

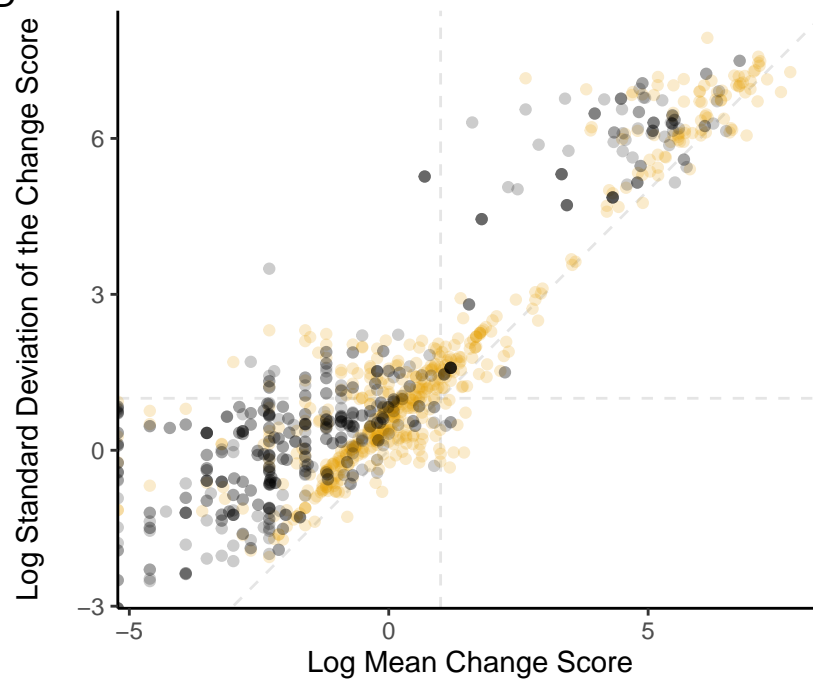
## Hypertrophy Outcomes



B



D



Group

- CON
- RT