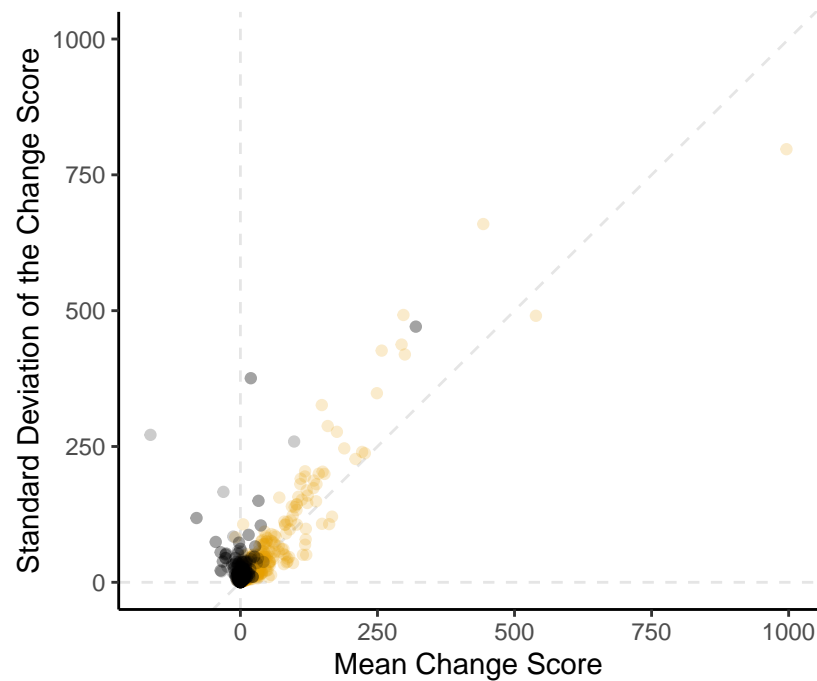


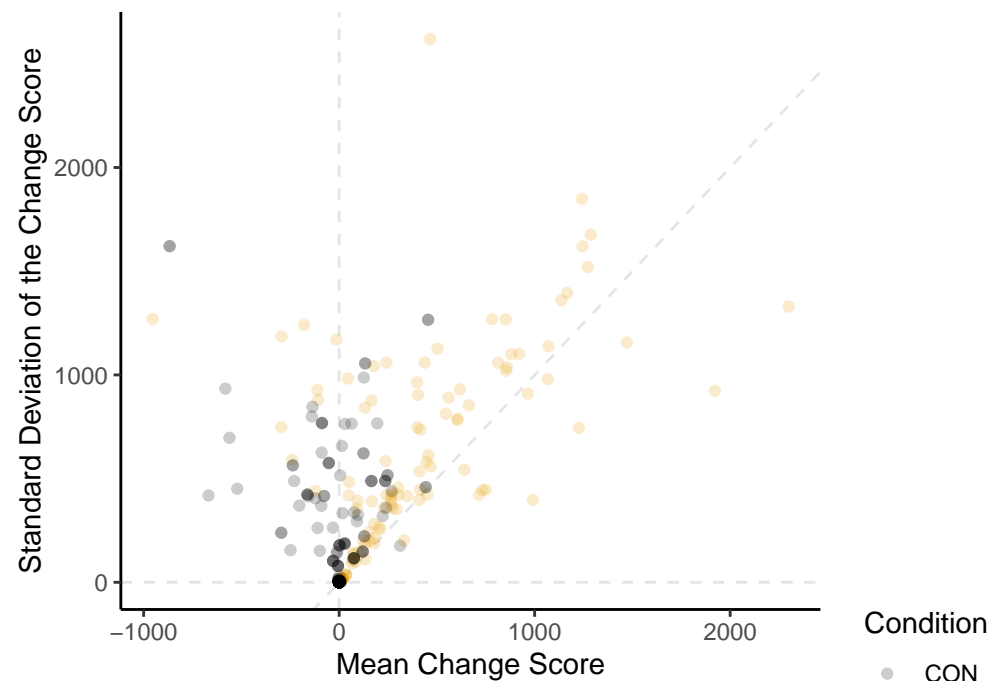
A

## Strength Outcomes

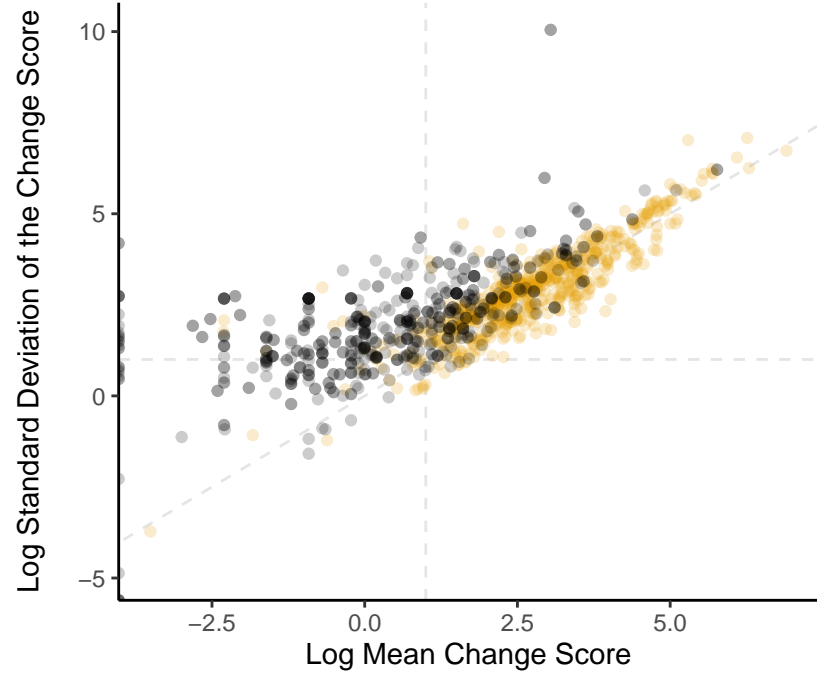


C

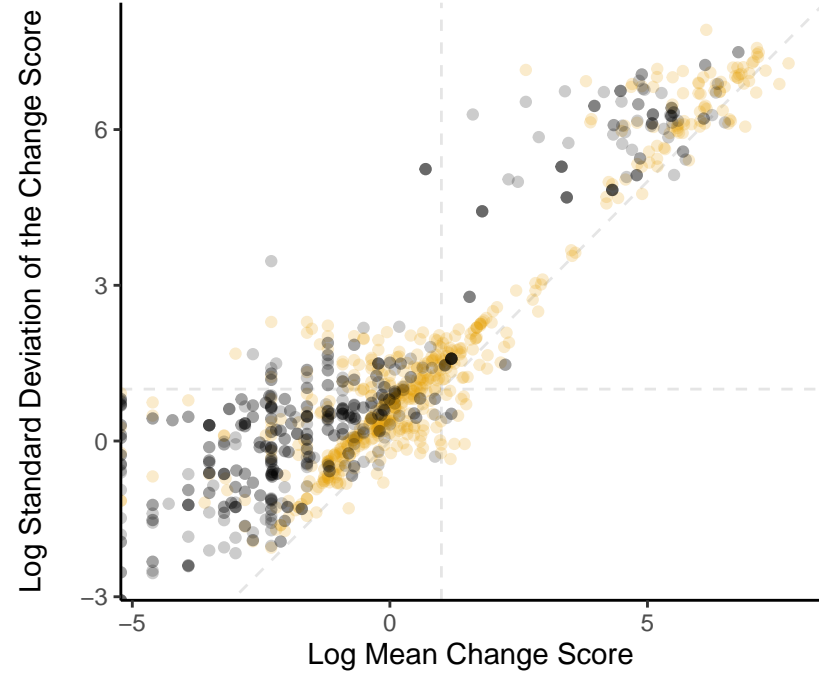
## Hypertrophy Outcomes



B



D



Condition

CON

RT