Primary Pre−registered Hypertrophy Outcomes

Arm Muscle

Thigh Muscle

Estimated Arm Muscle CSA (cm^2)

Estimated Thigh Muscle CSA (cm^2)

Condition ── fROM ── lpROM
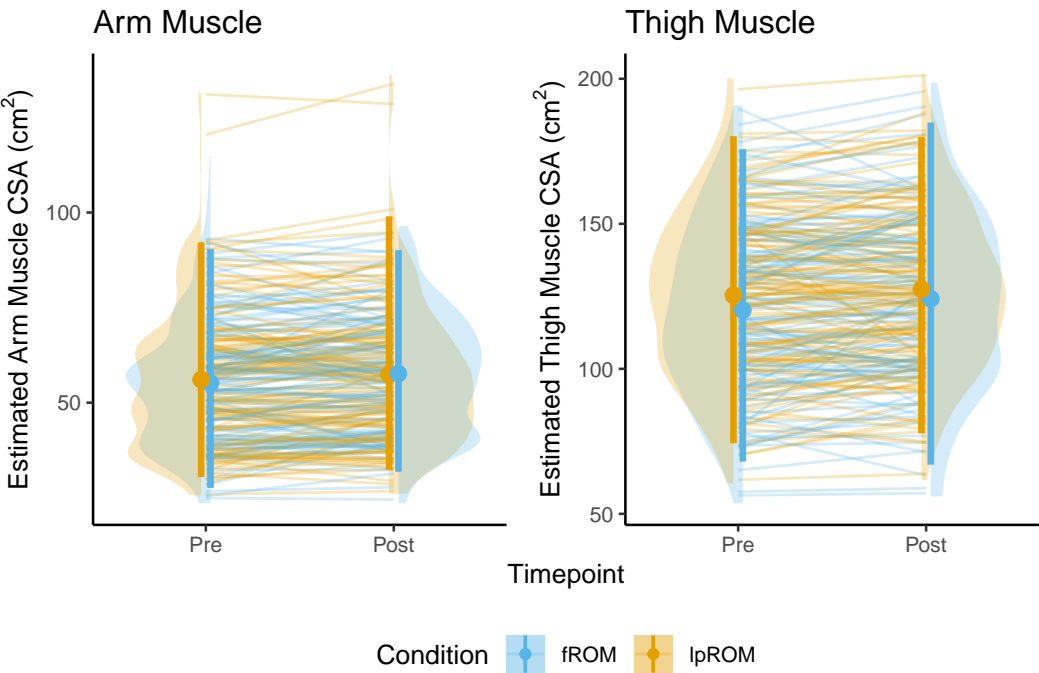
Raw means [95% quantile intervals] and participant level unpooled predictions

Main effect of time

Standardised Mean Effect

Smallest Effect Size of Interest Limits

Smallest Effect Size of Interest Limits

Condition by time interaction

Smallest Effect Size of Interest Limits

Equivalence Test
p = 0.071

Equivalence Test
p = 0.019

Smallest Effect Size of Interest Limits

Arm Muscle

Thigh Muscle
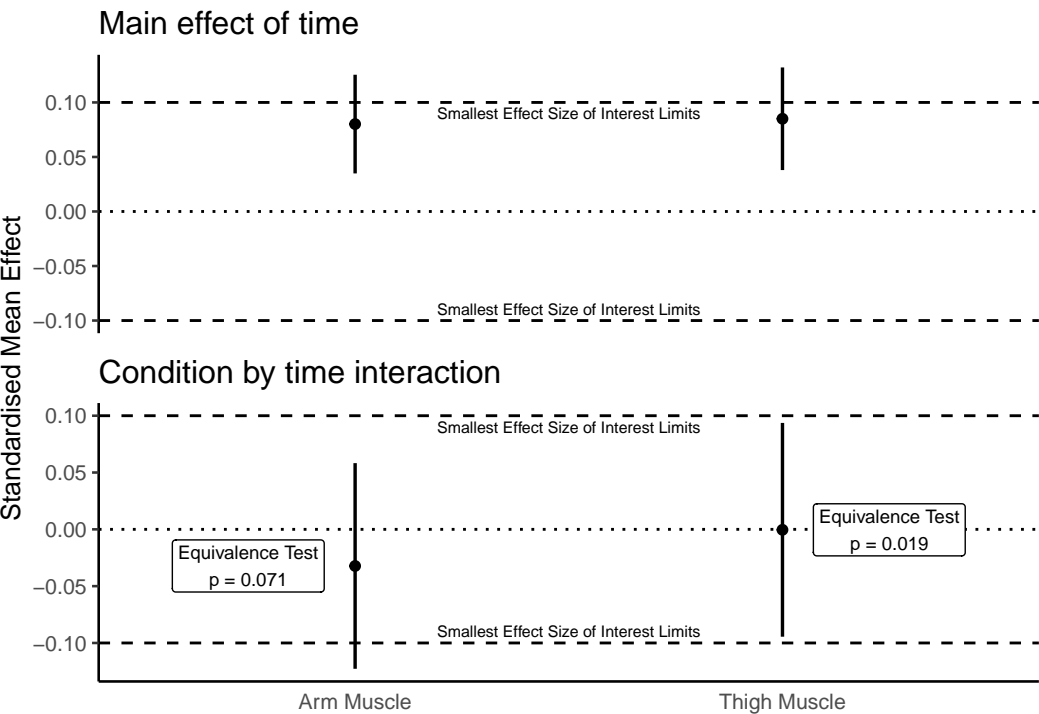
Note, alpha set at 0.01 and adjusted to 0.005 to account for multiple outcomes
Error bars are 95% confidence intervals