



1. Optimize for optimal muscular endurance at ZT12 and ZT0 for one day by shifting the circadian phase using behavioral or drug interventions. You can start interventions up to two days ahead of time.
2. Do the same exercise again, but optimize for a long-term solution instead of a one-day solution.
3. Were your answers different? Discuss with your group, and be prepared to explain why to the class.