



Paid Exercise Training Research Study

The Queen's Muscle Physiology Laboratory is seeking male and female participants for a study examining responses to bodyweight exercise training

Version 09.05.23

Participant criteria

- Females and males between the ages of 18-40
- No history of smoking or cardiovascular and metabolic diseases (stroke, hypertension, type II diabetes)

This study involves 2 weeks exercise testing and 6 weeks of exercise training.

This study has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals

Research Ethics Board.

Principal investigator: Dr. Brendon Gurd

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