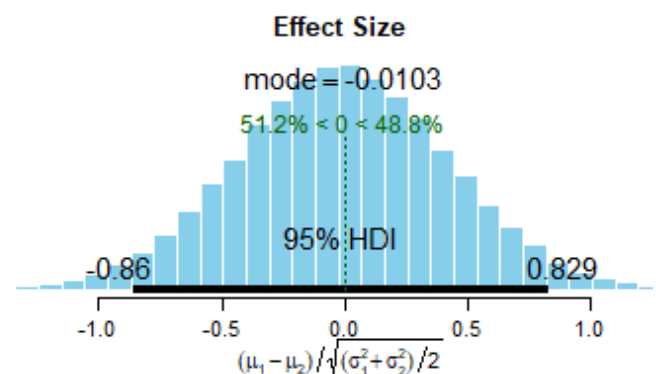
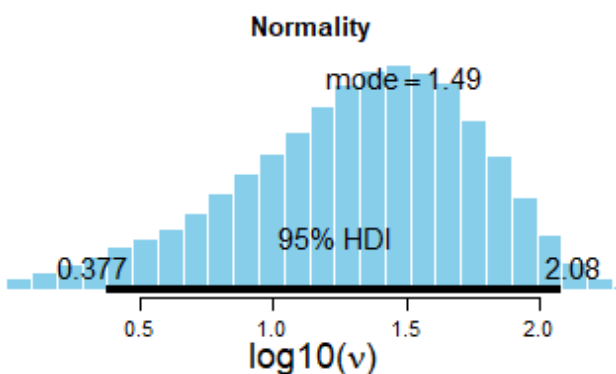
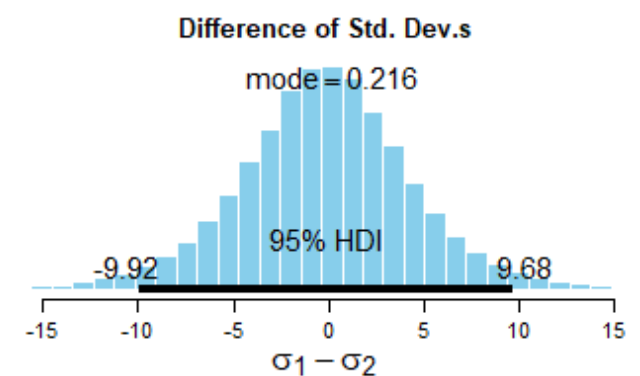
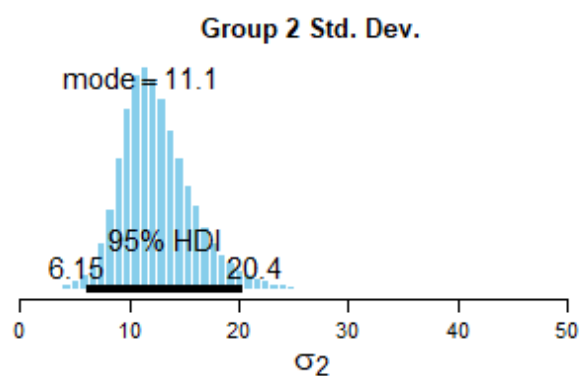
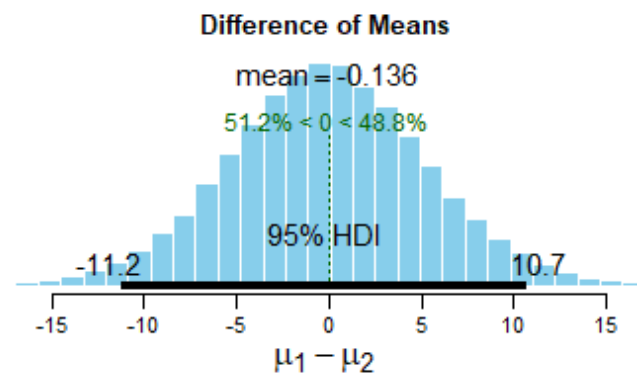
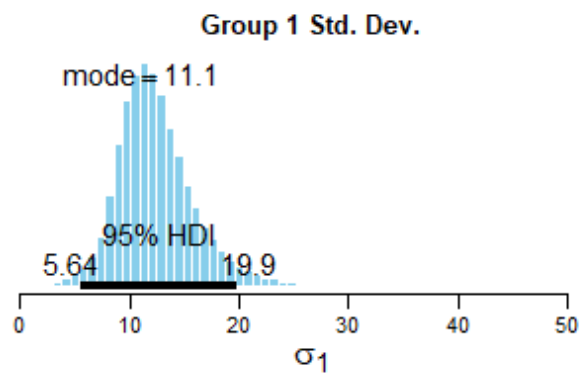
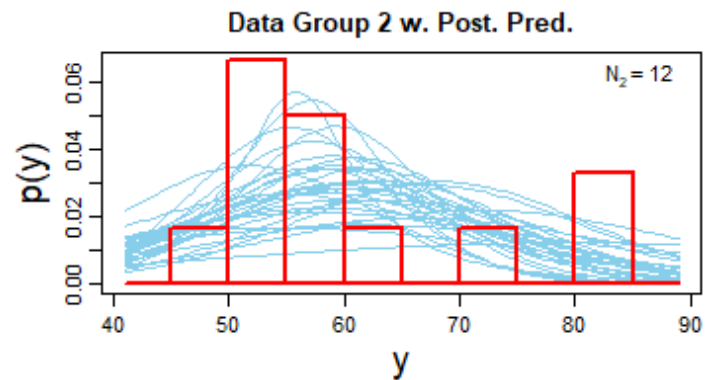
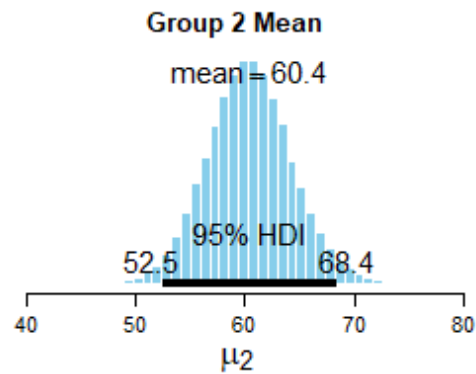
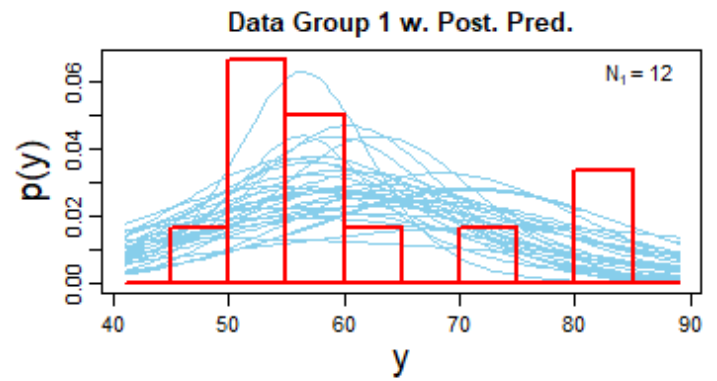
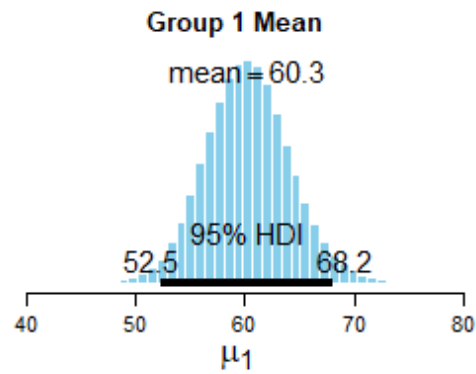


Group 1 = Test day 2

S1: Results and diagnostics

Body mass comparison

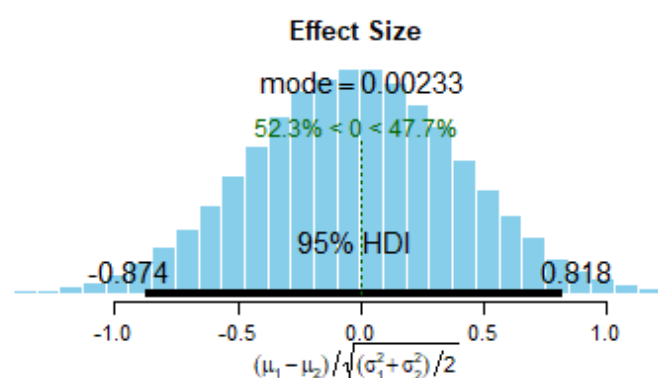
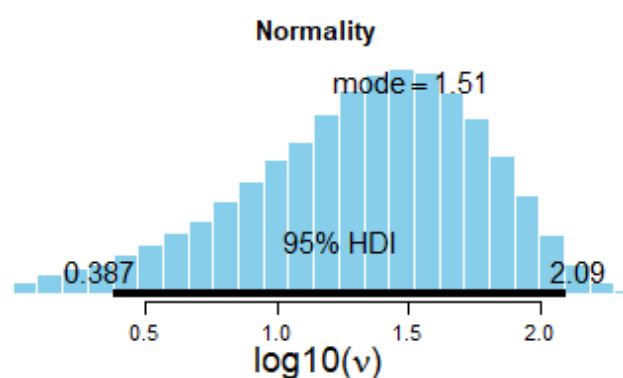
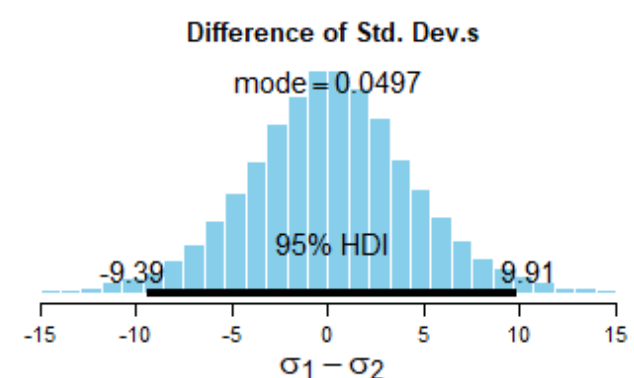
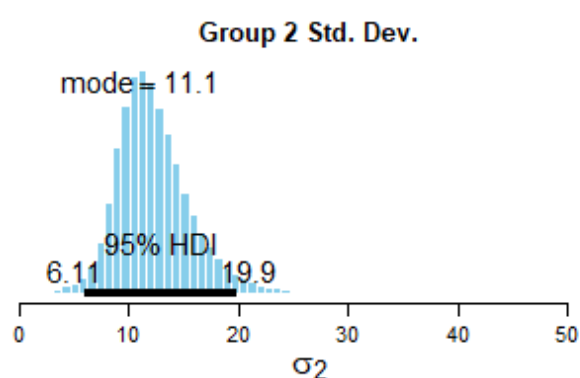
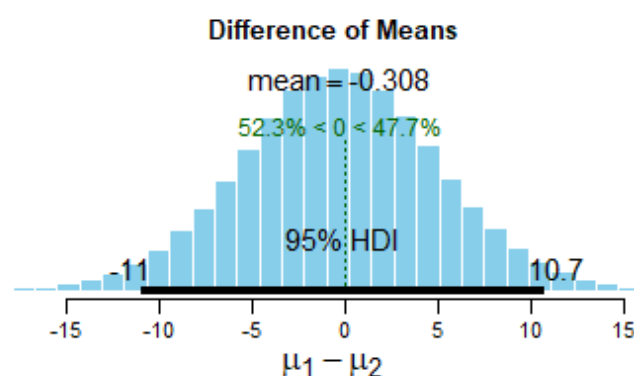
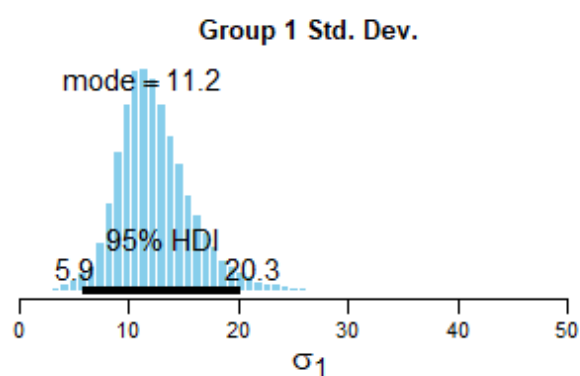
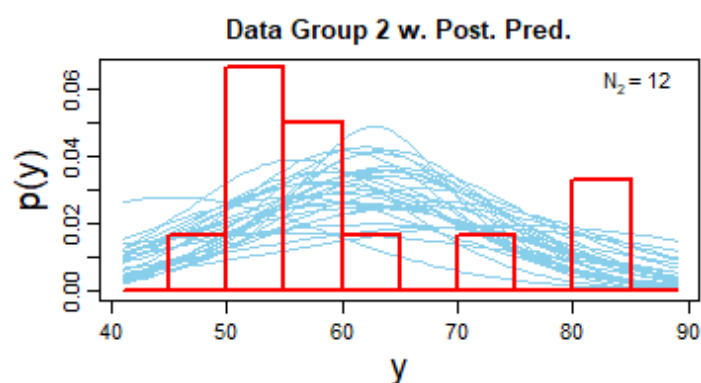
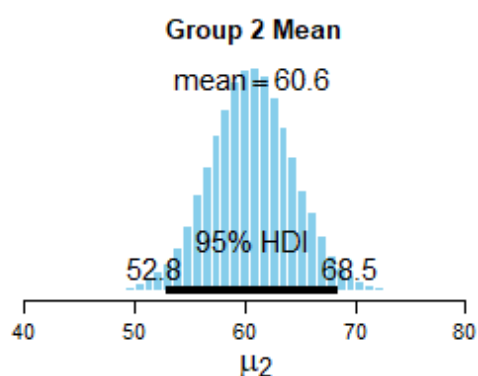
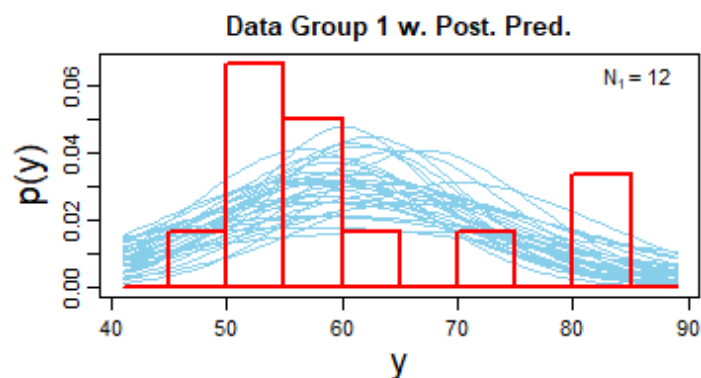
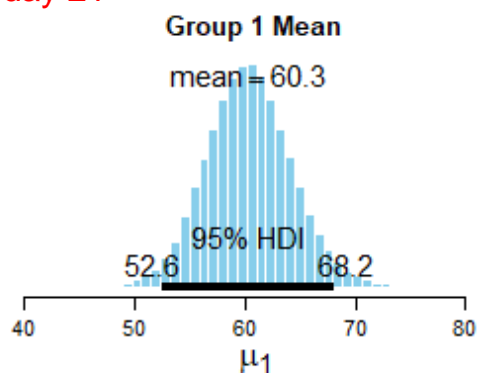
Group 2: Test day 8



Group 1 = Test day 2

Body mass comparison

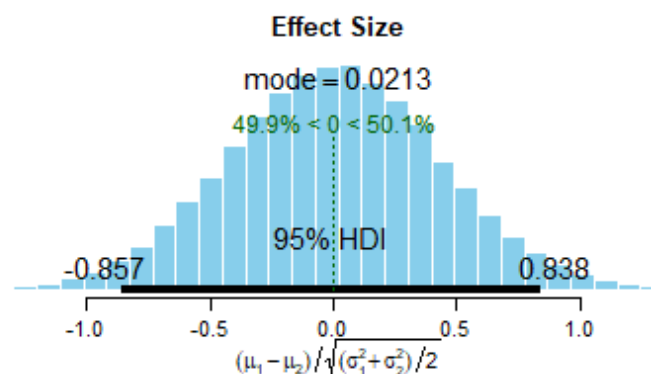
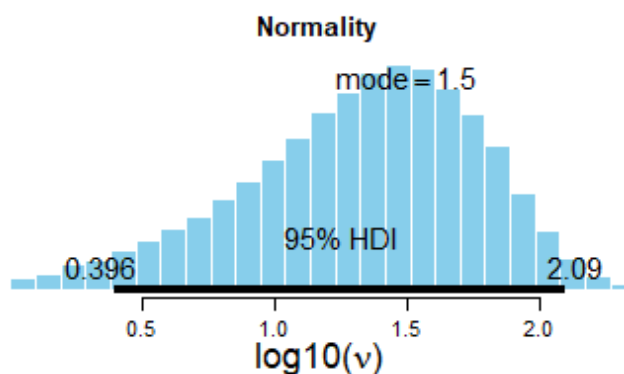
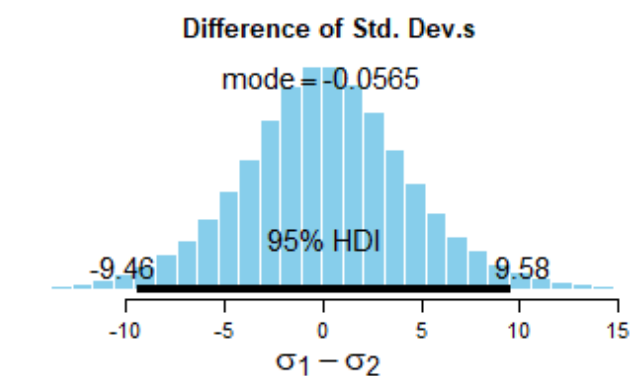
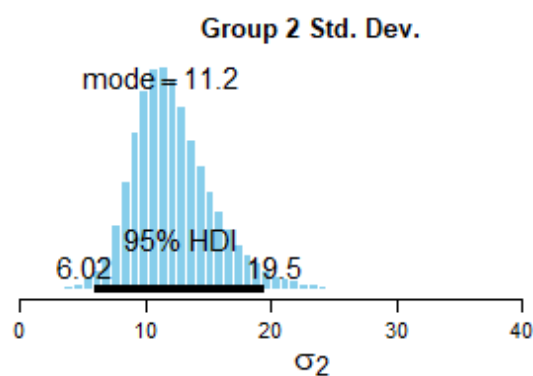
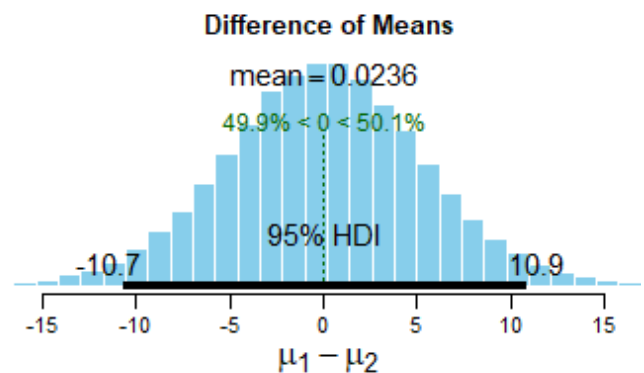
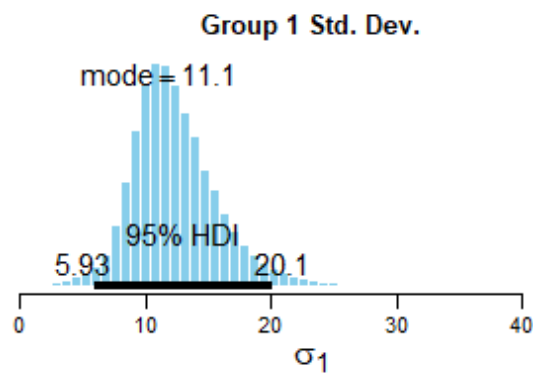
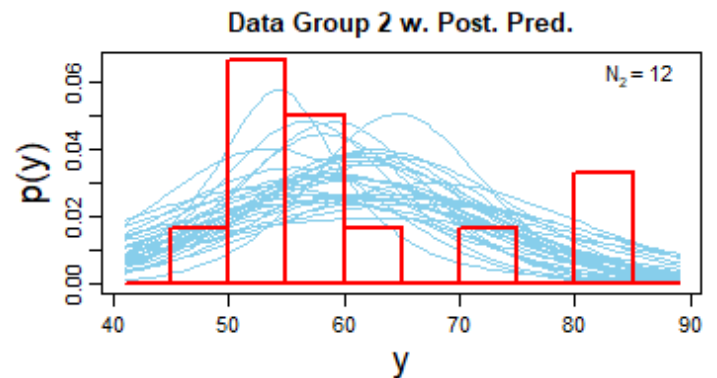
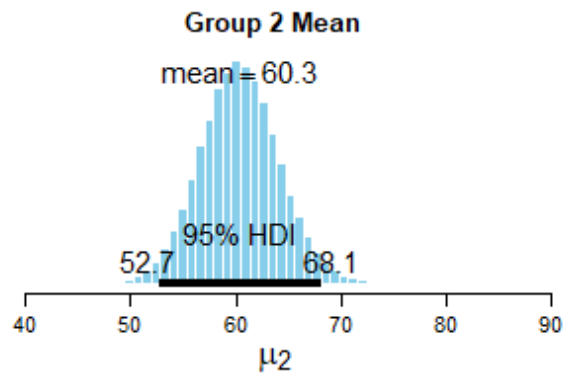
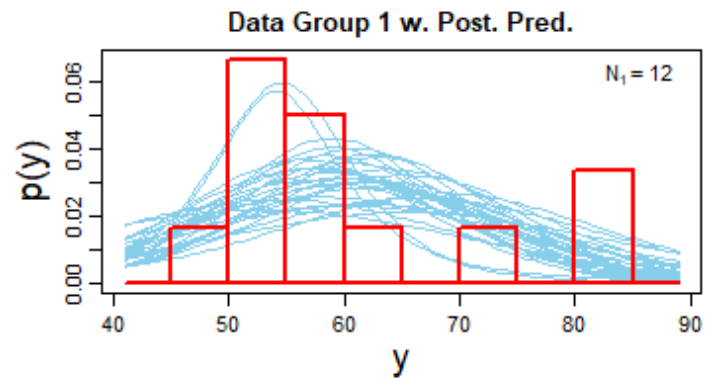
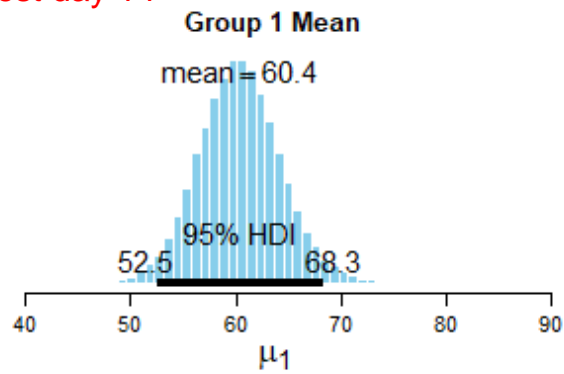
Group 2: Test day 21

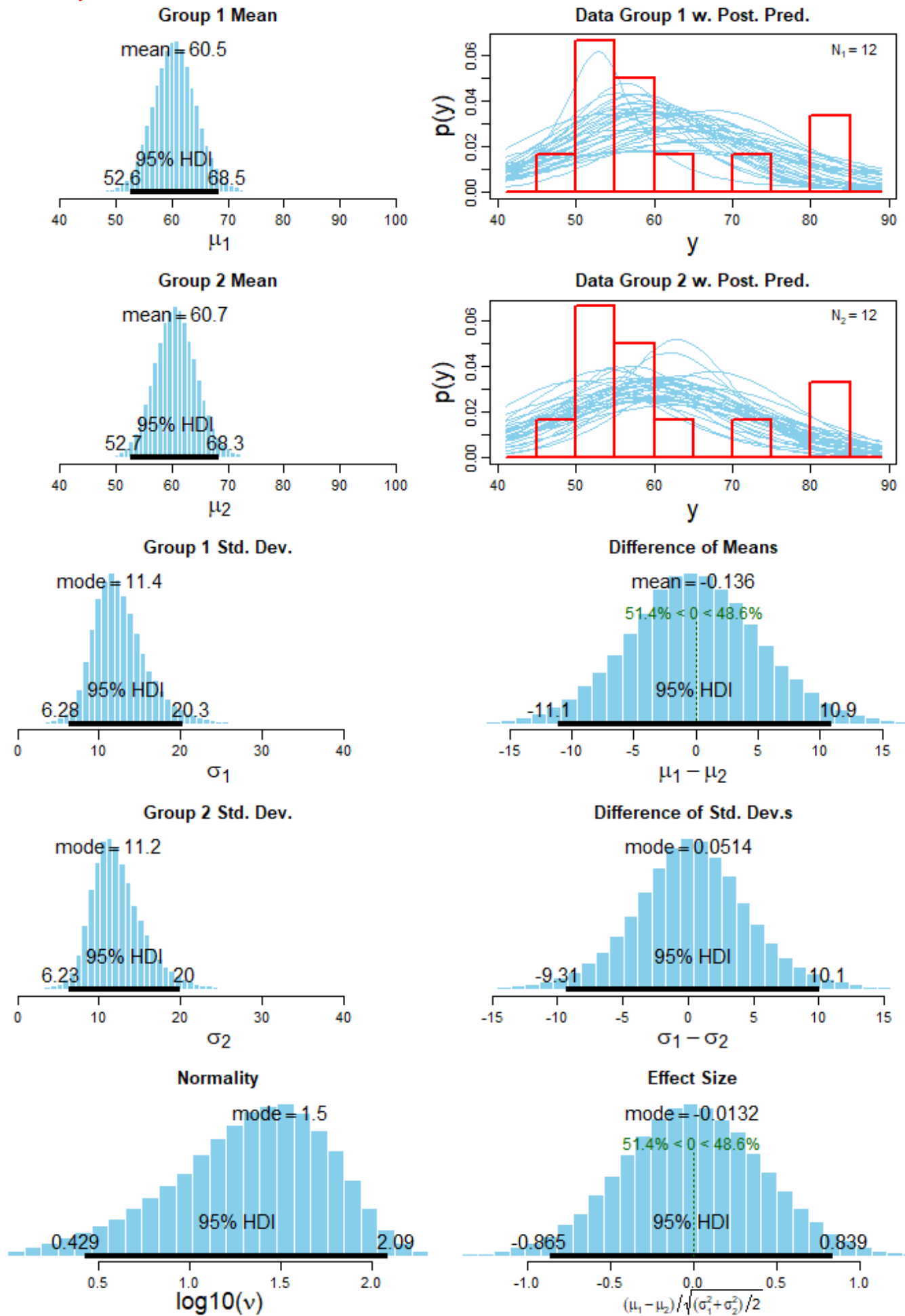


Group 1 = Test day 2

Body mass comparison

Group 2: Test day 14

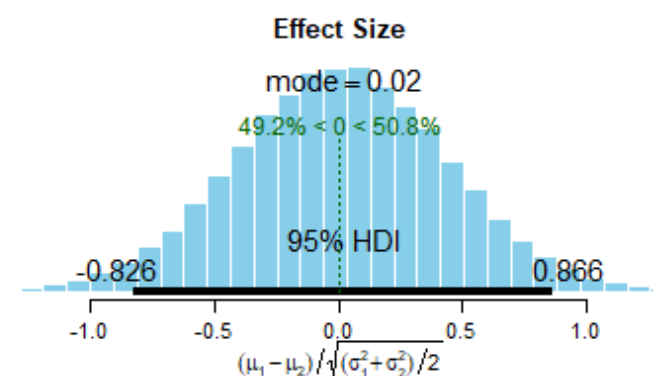
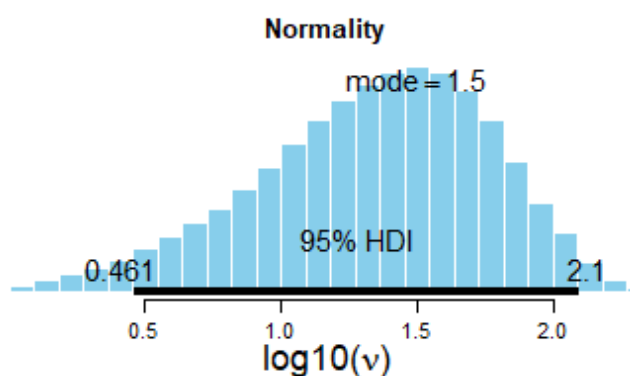
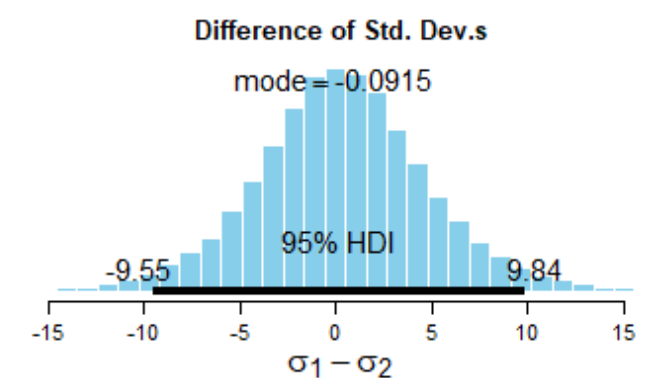
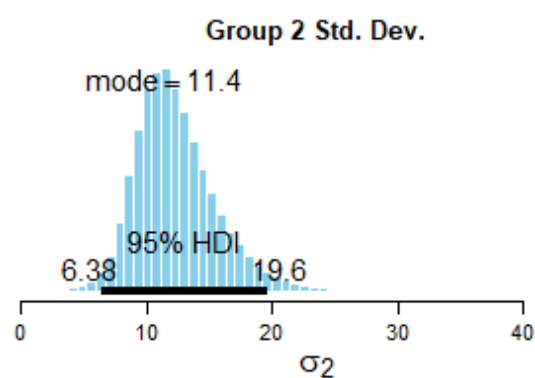
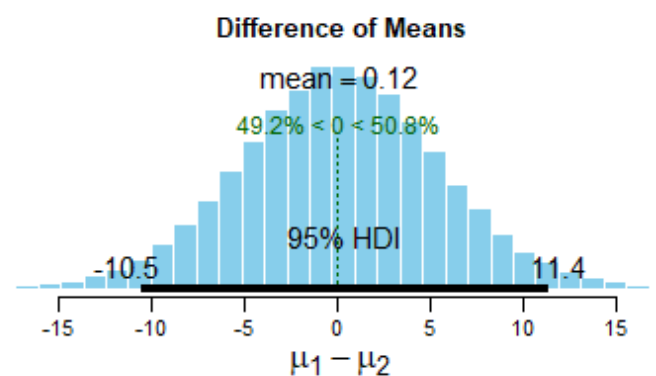
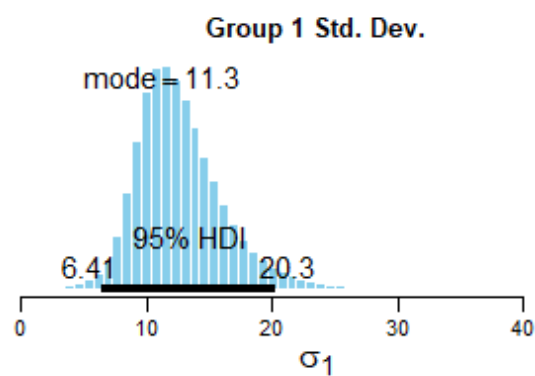
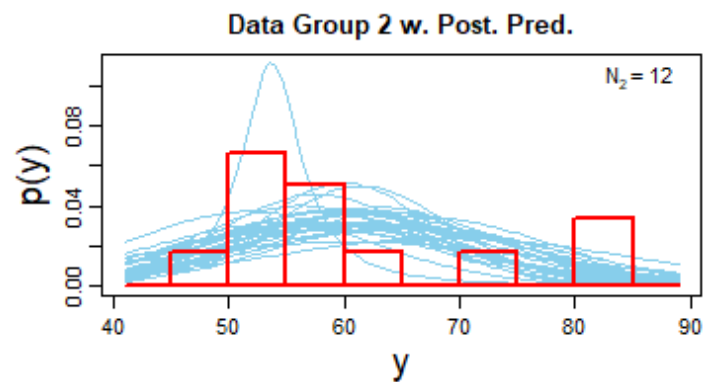
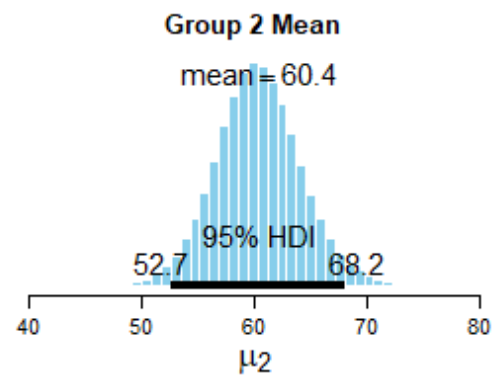
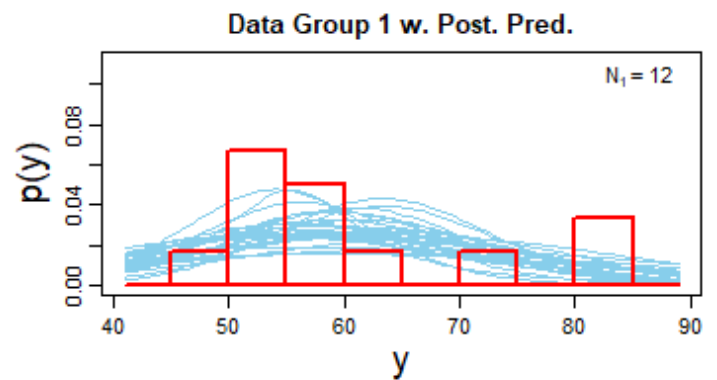
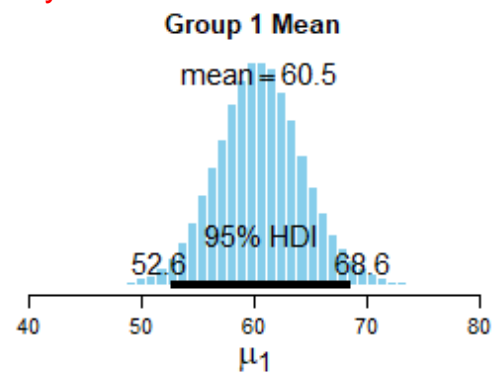




Group 1 = Test day 8

Body mass comparison

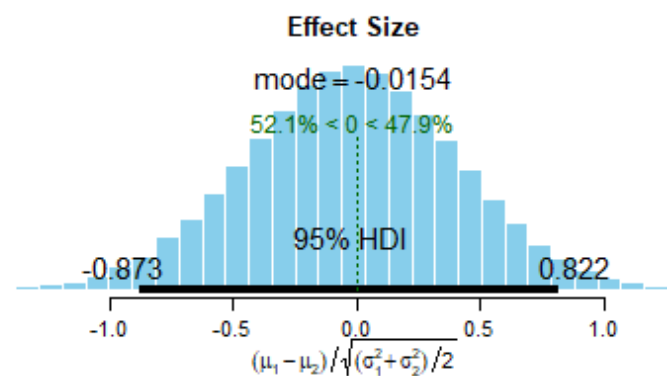
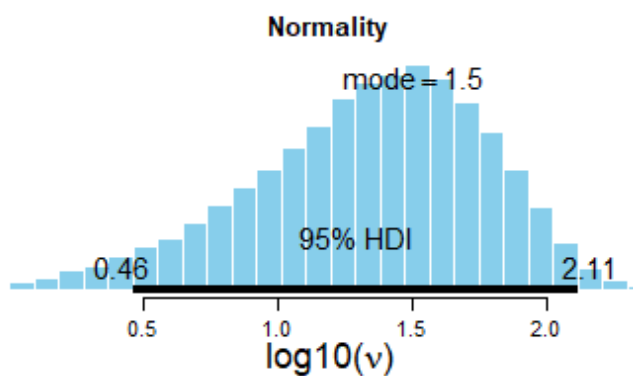
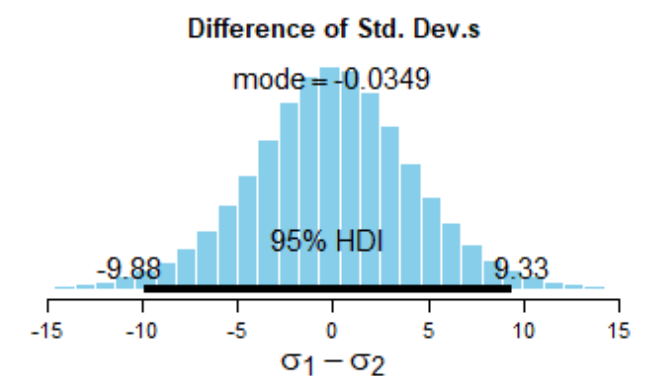
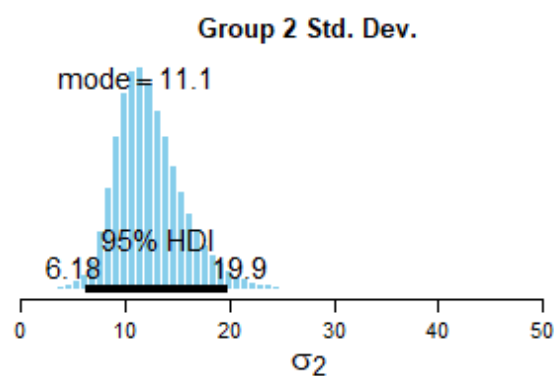
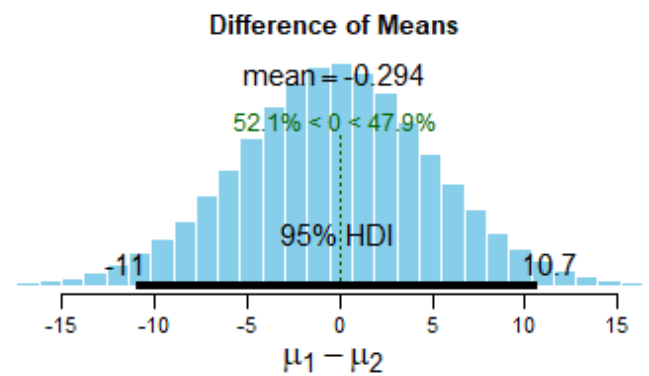
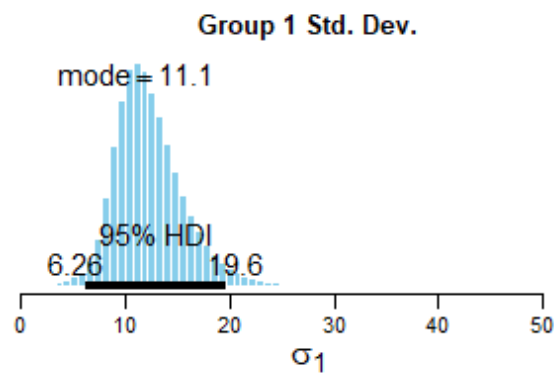
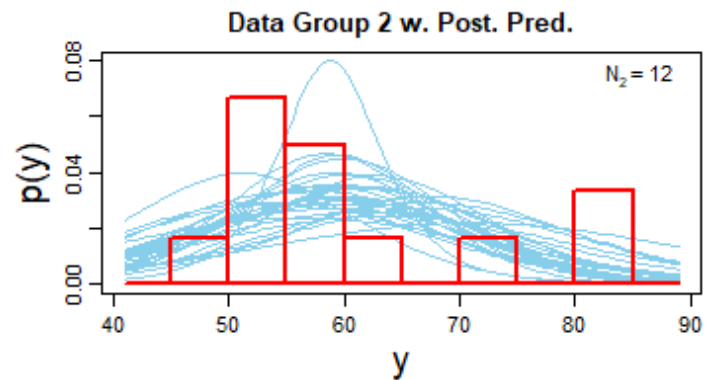
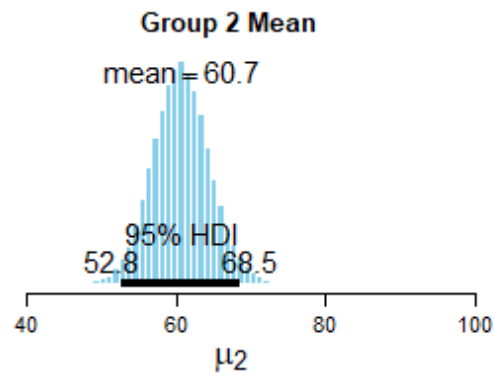
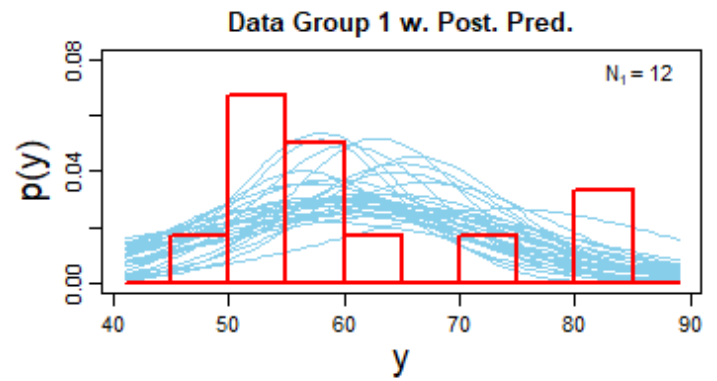
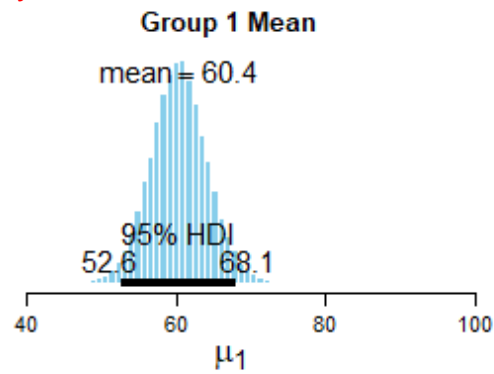
Group 2: Test day 14



Group 1 = Test day 14

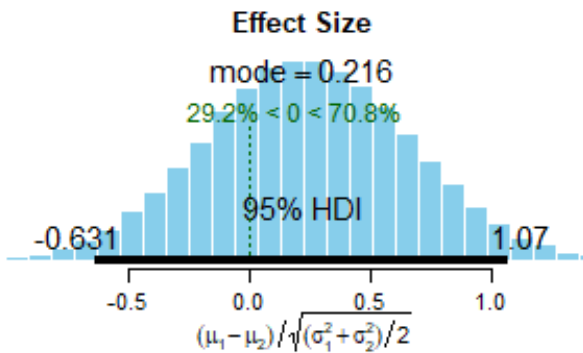
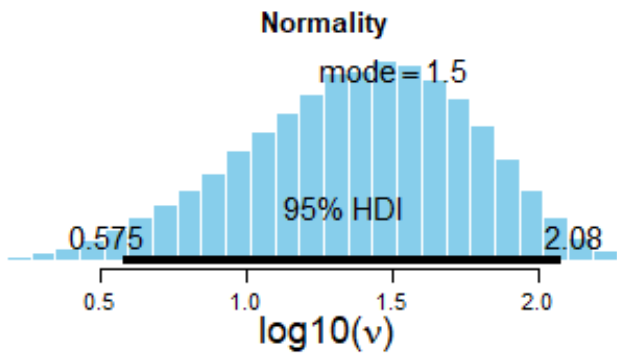
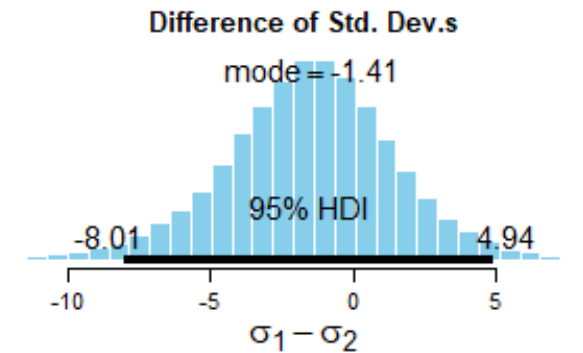
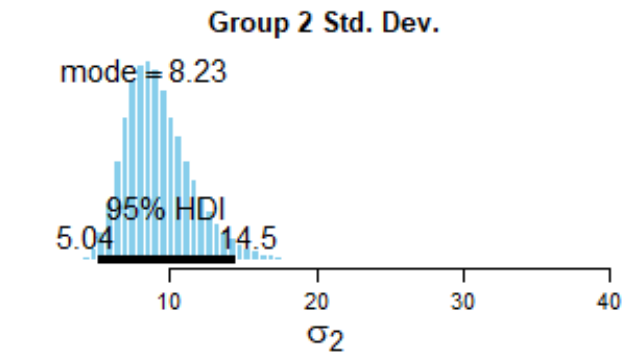
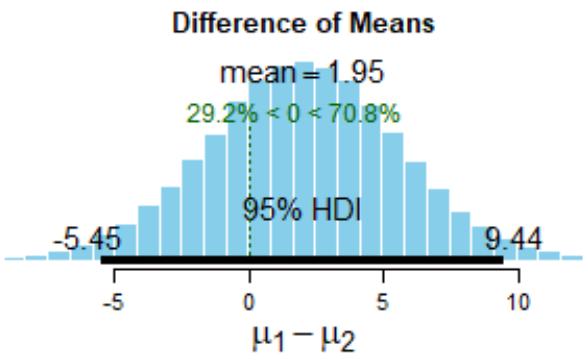
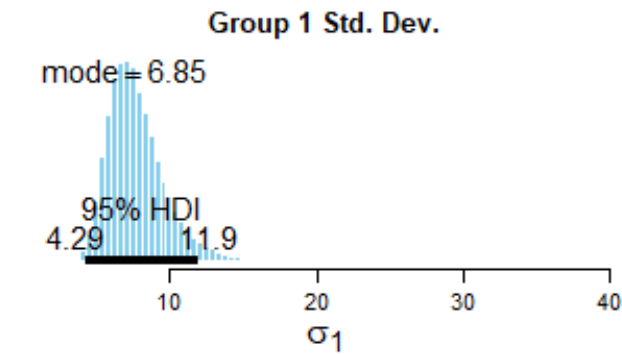
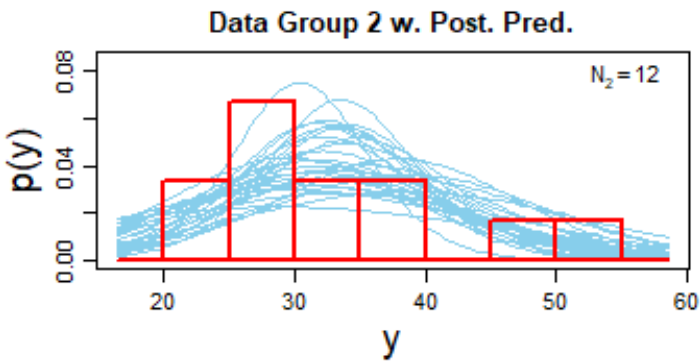
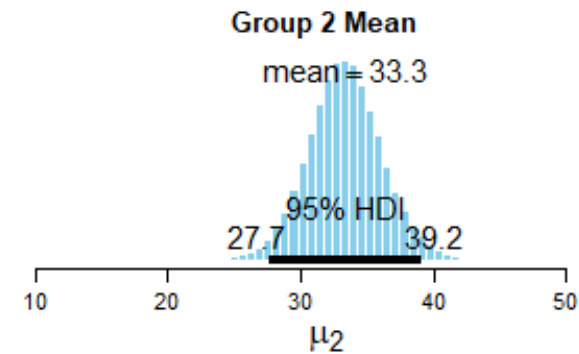
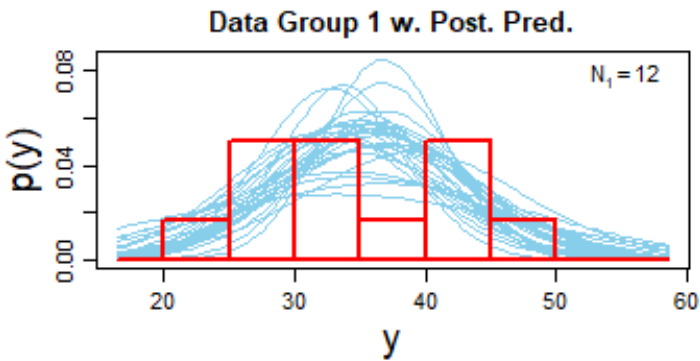
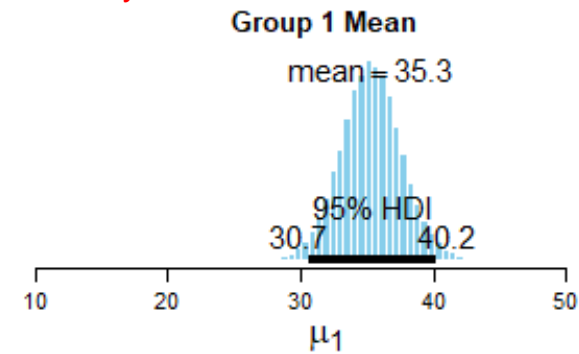
Body mass comparison

Group 2: Test day 21



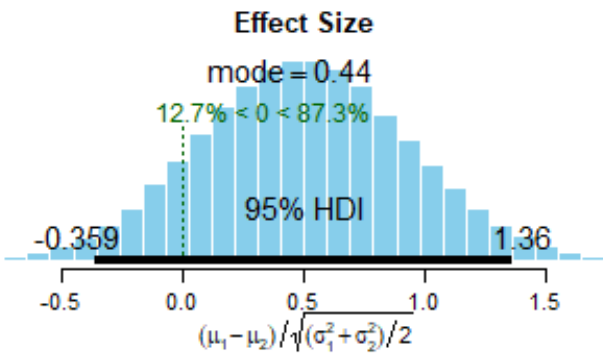
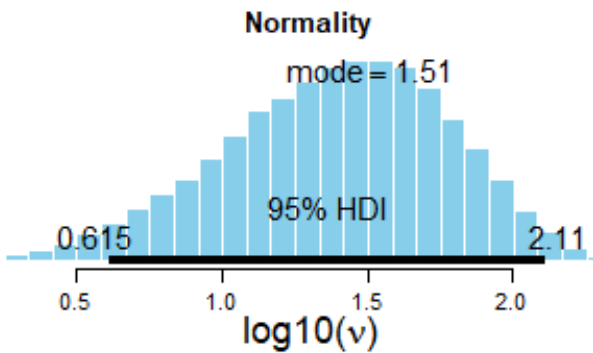
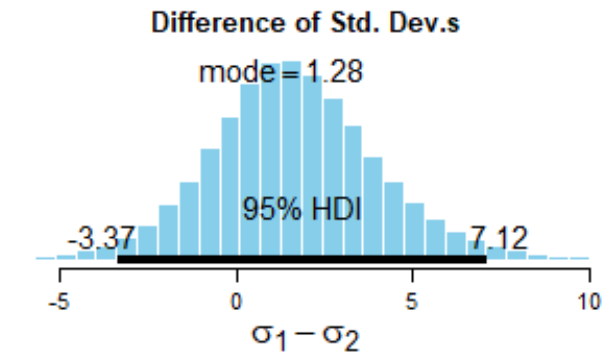
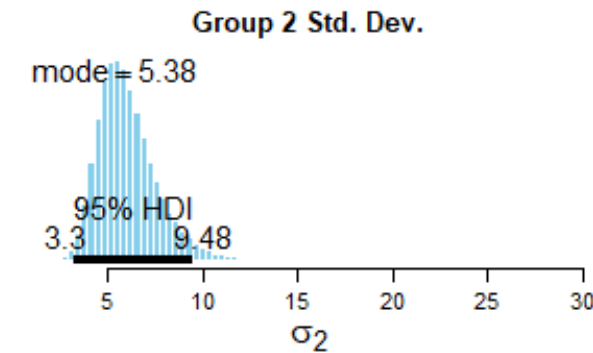
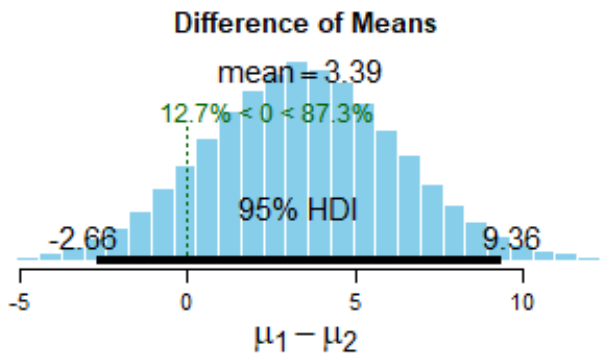
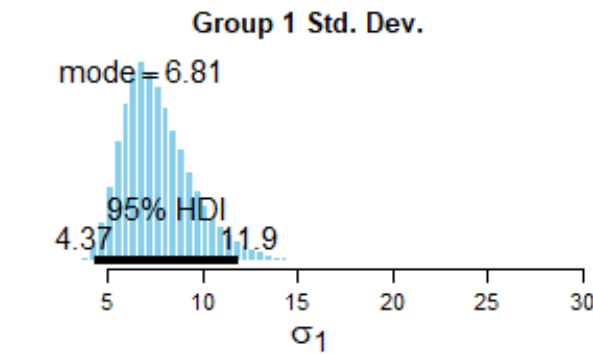
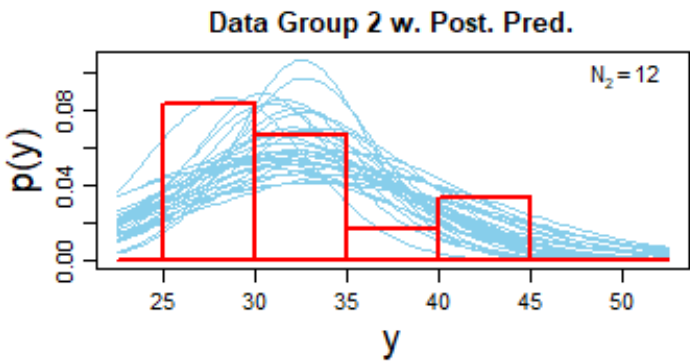
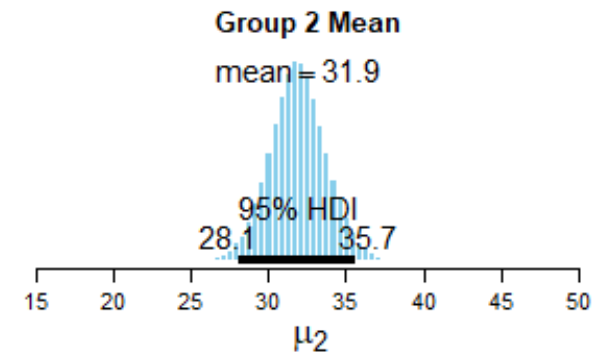
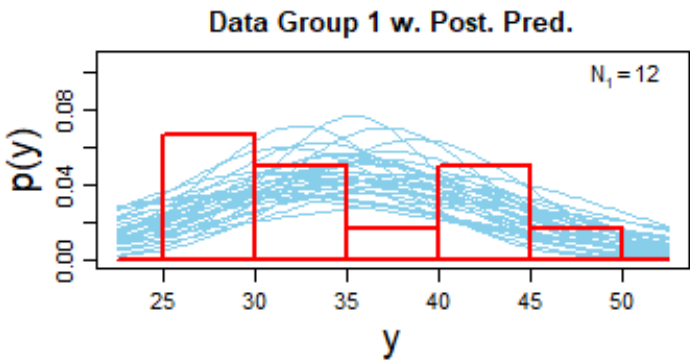
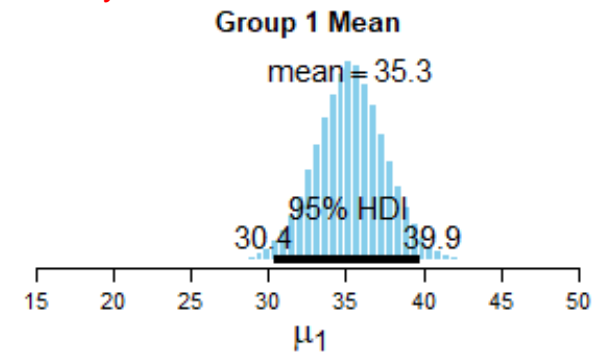
Group 1 = Test day 8
Group 2: Test day 21

1RM Bench Press



Group 1 = Test day 8
Group 2: Test day 14

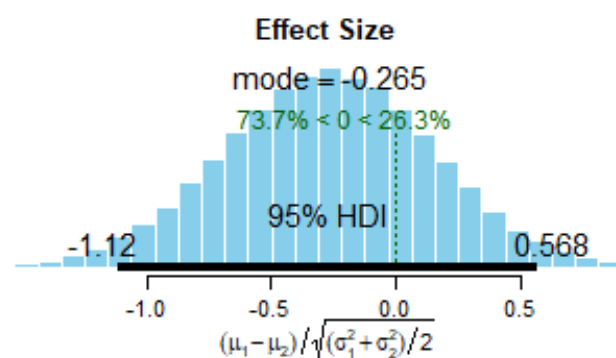
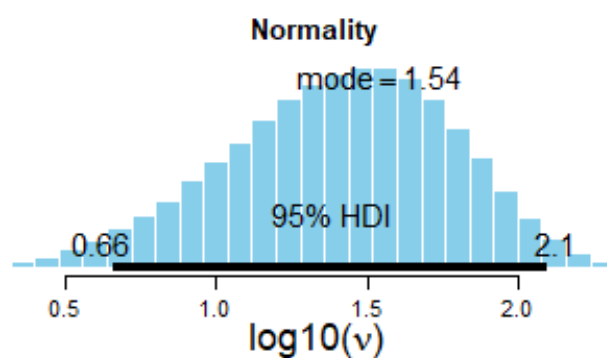
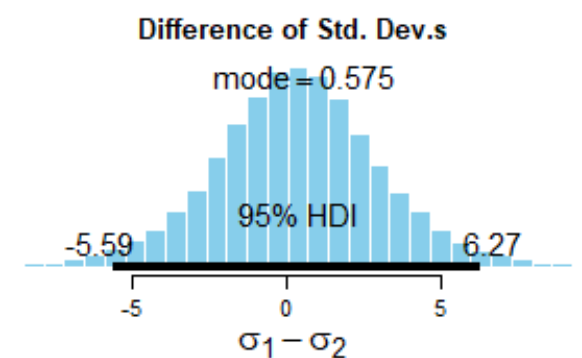
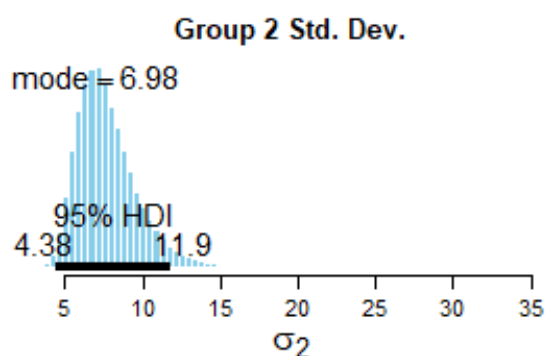
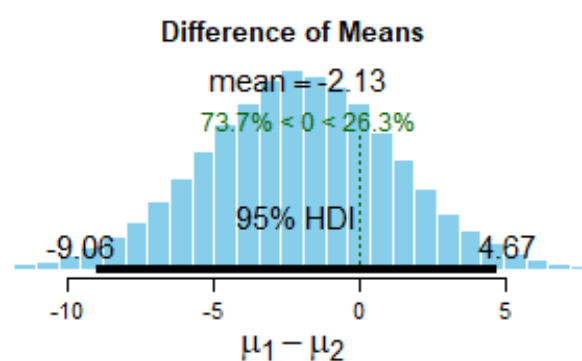
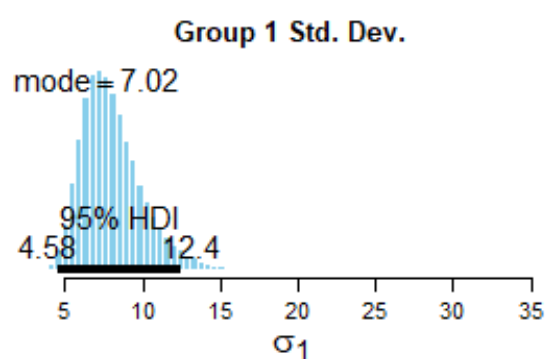
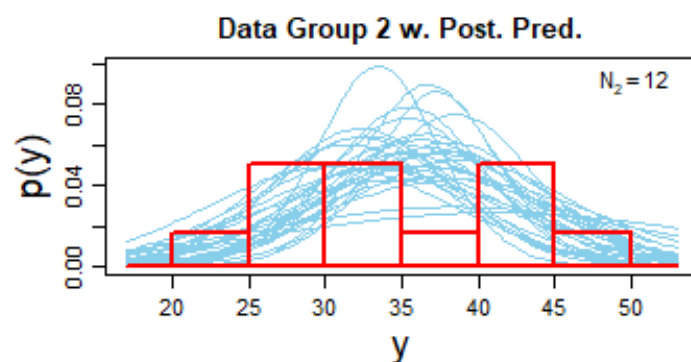
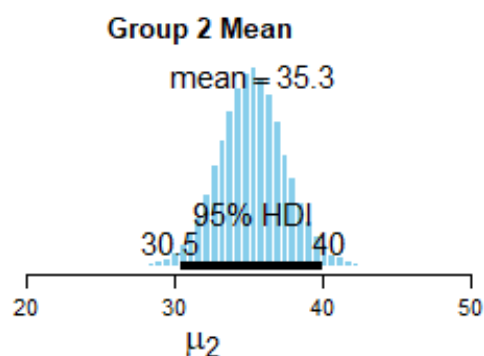
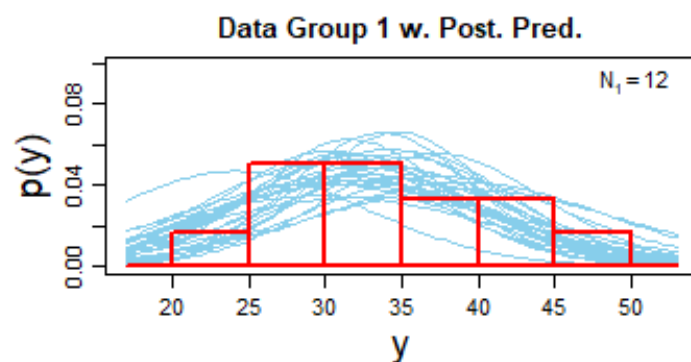
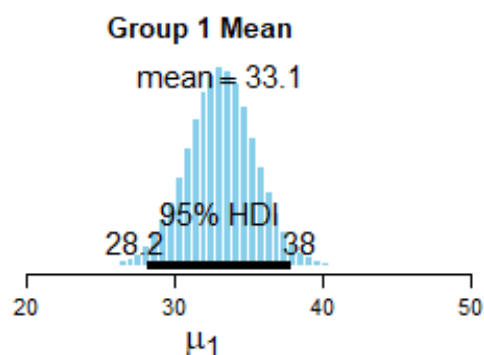
1RM Bench Press



Group 1 = Test day 2

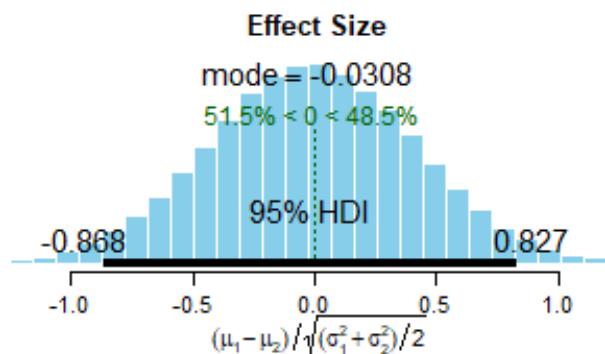
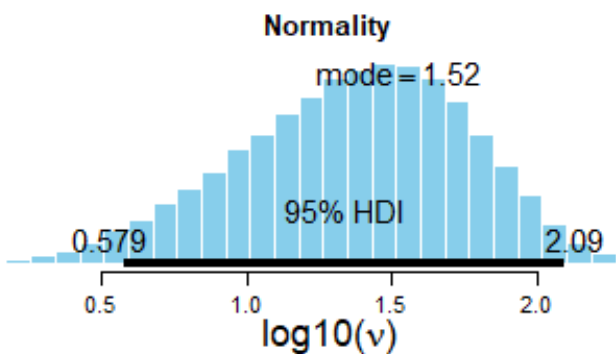
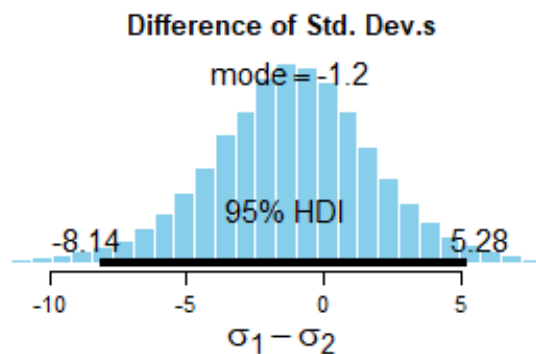
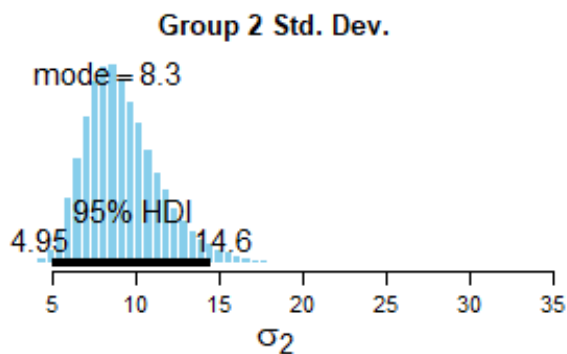
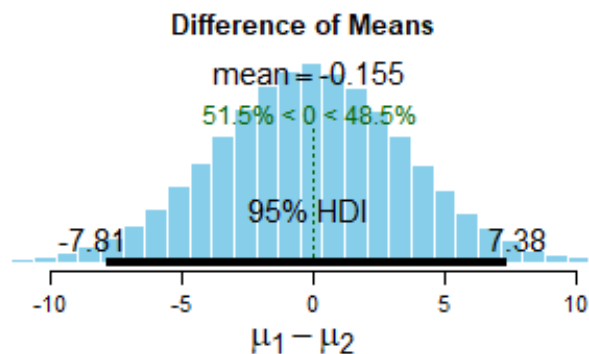
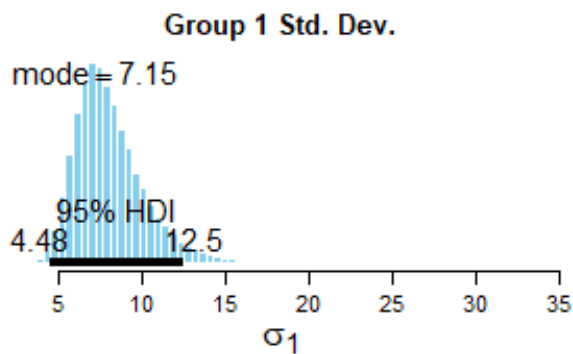
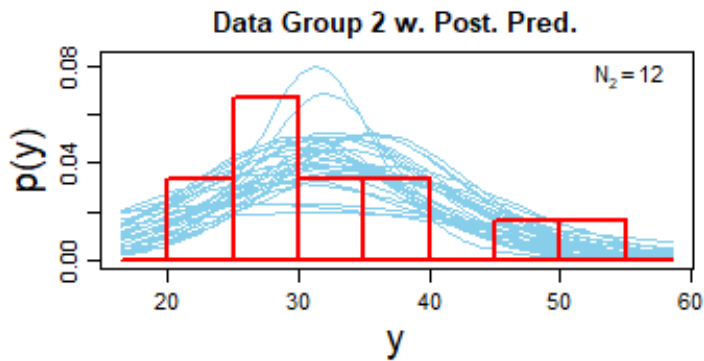
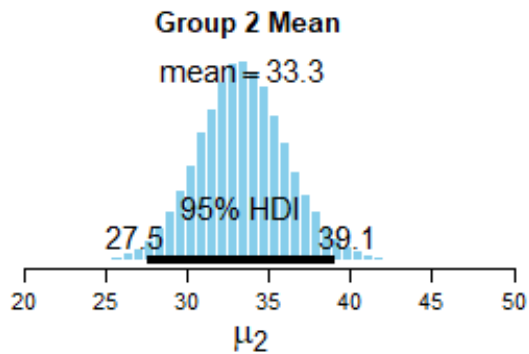
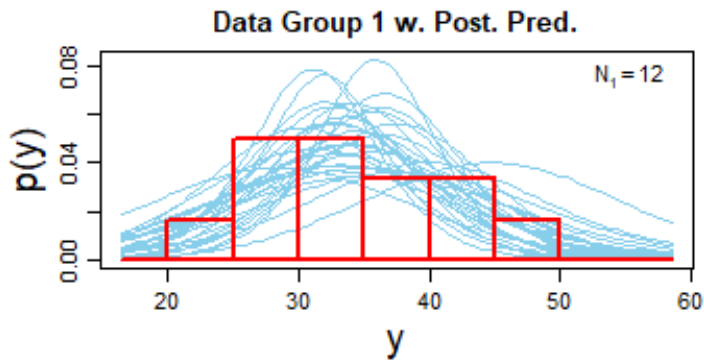
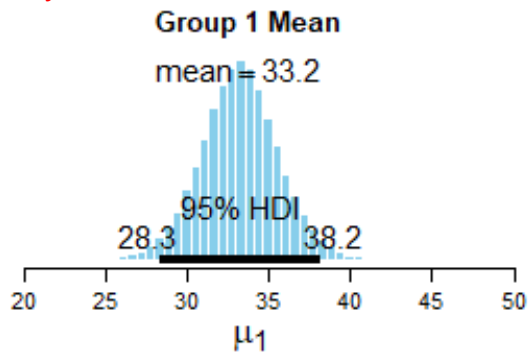
1RM Bench Press

Group 2: Test day 8



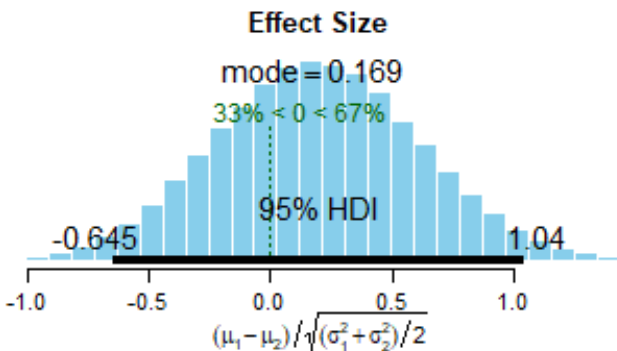
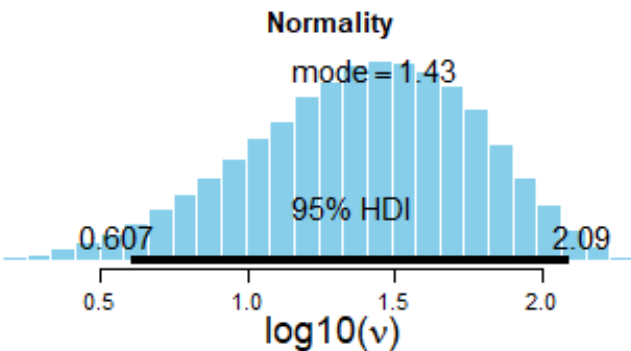
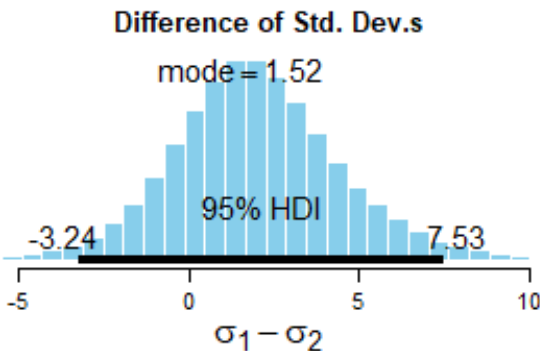
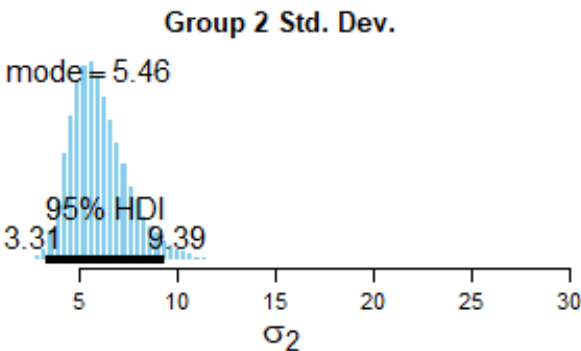
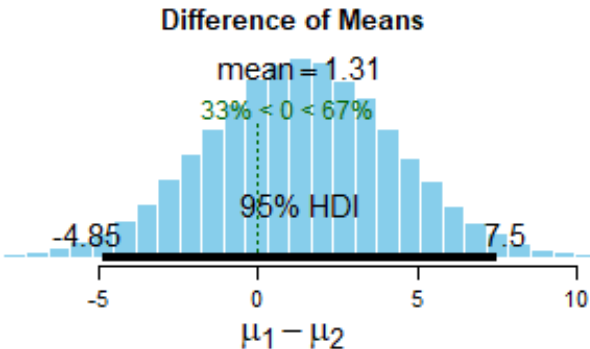
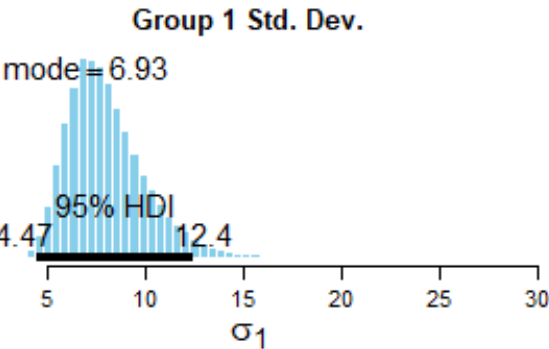
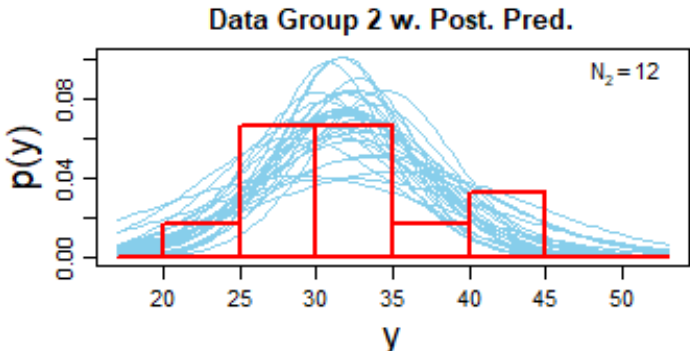
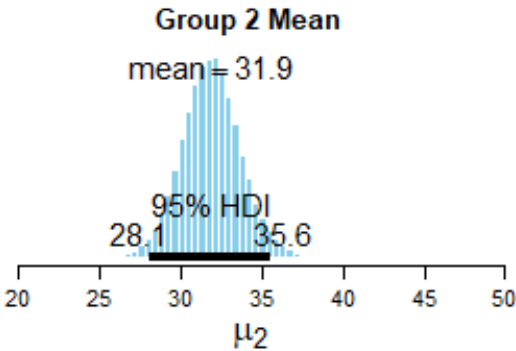
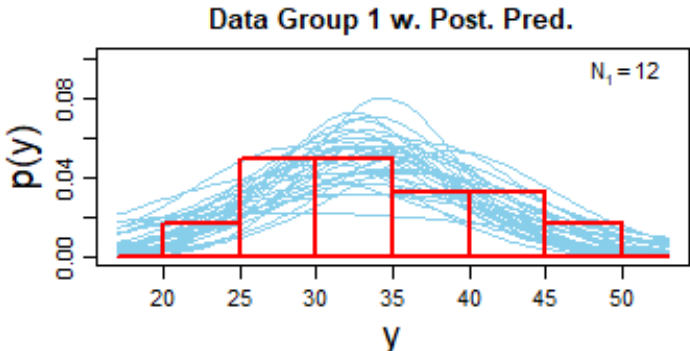
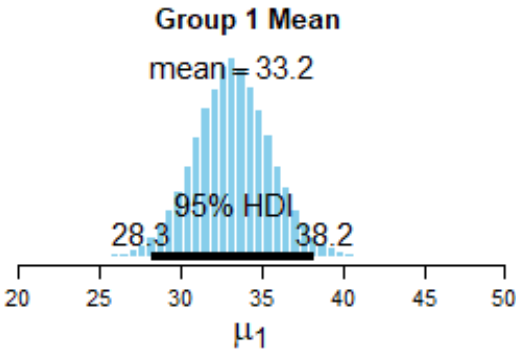
Group 1 = Test day 2
Group 2: Test day 21

1RM Bench Press



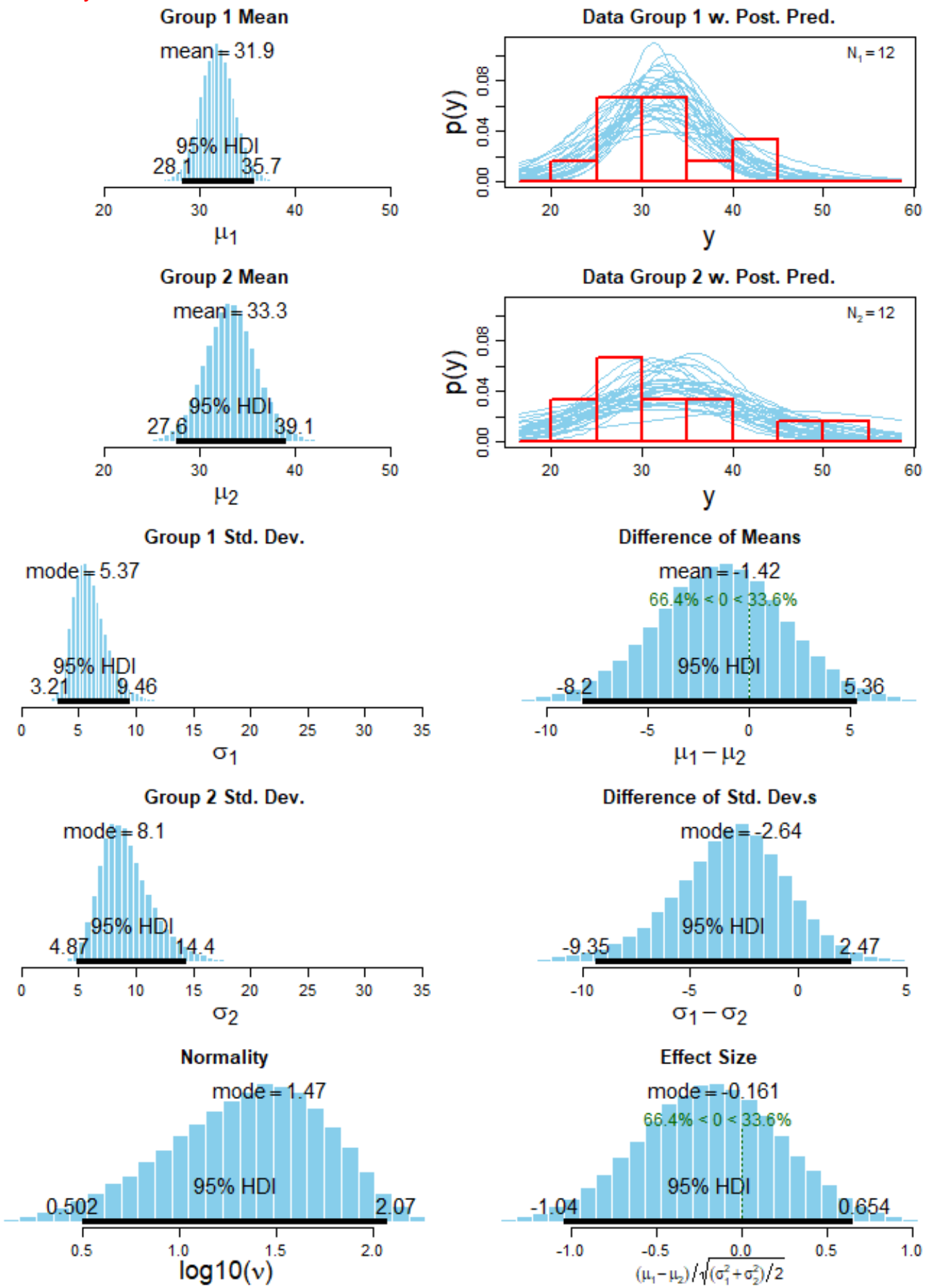
Group 1 = Test day 2
Group 2: Test day 14

1RM Bench Press



Group 1 = Test day 14
Group 2: Test day 21

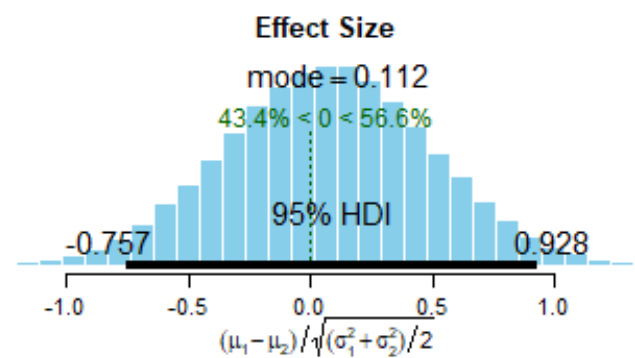
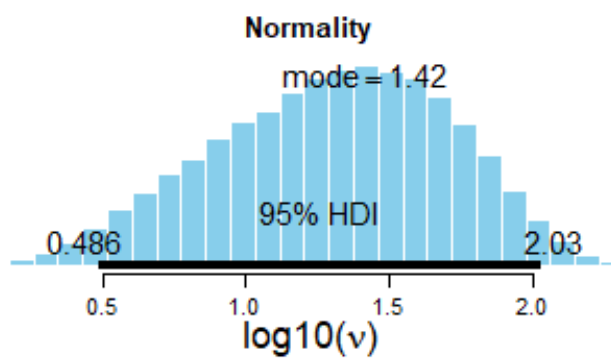
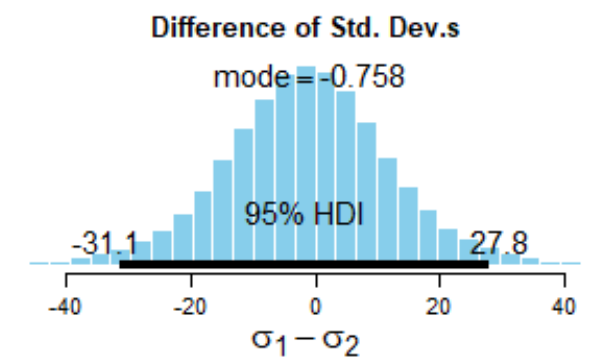
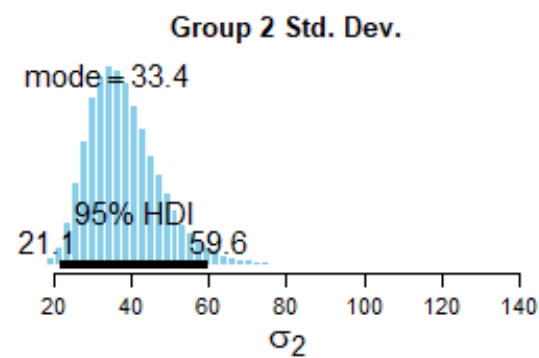
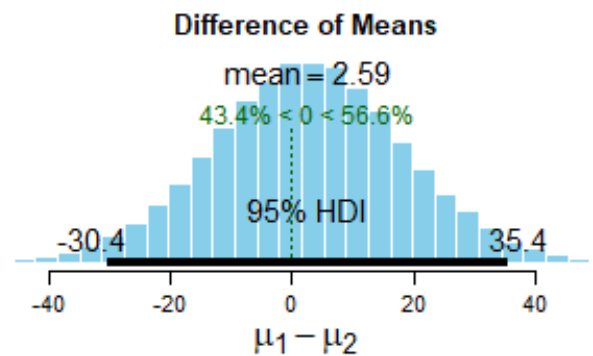
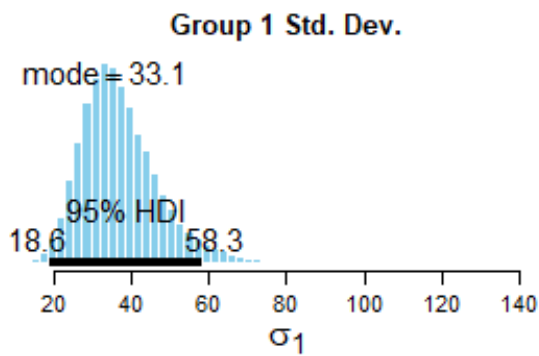
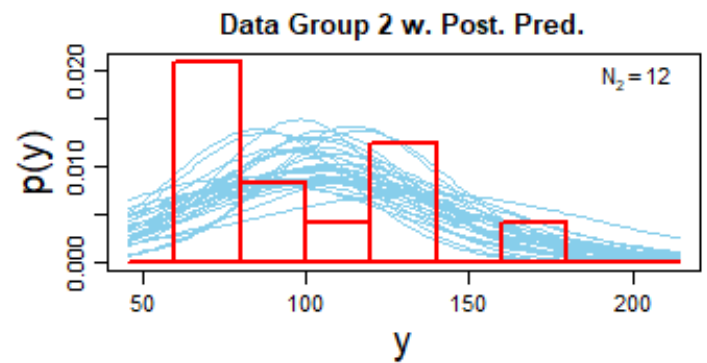
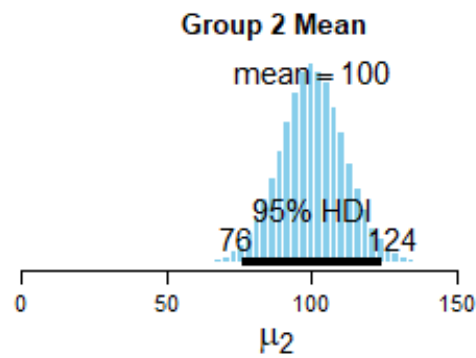
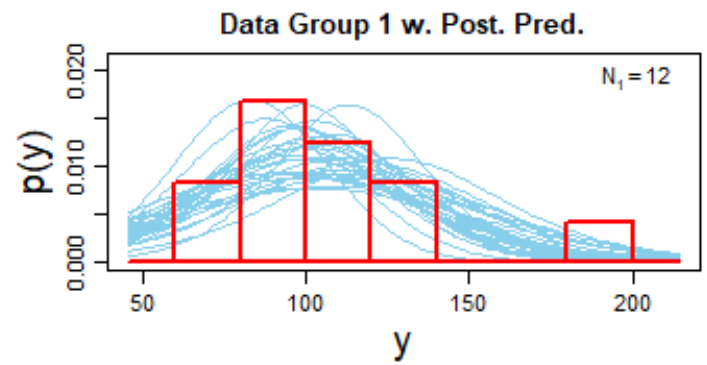
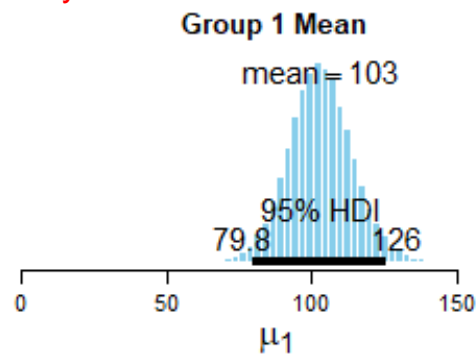
1RM Bench Press



Group 1 = Test day 8

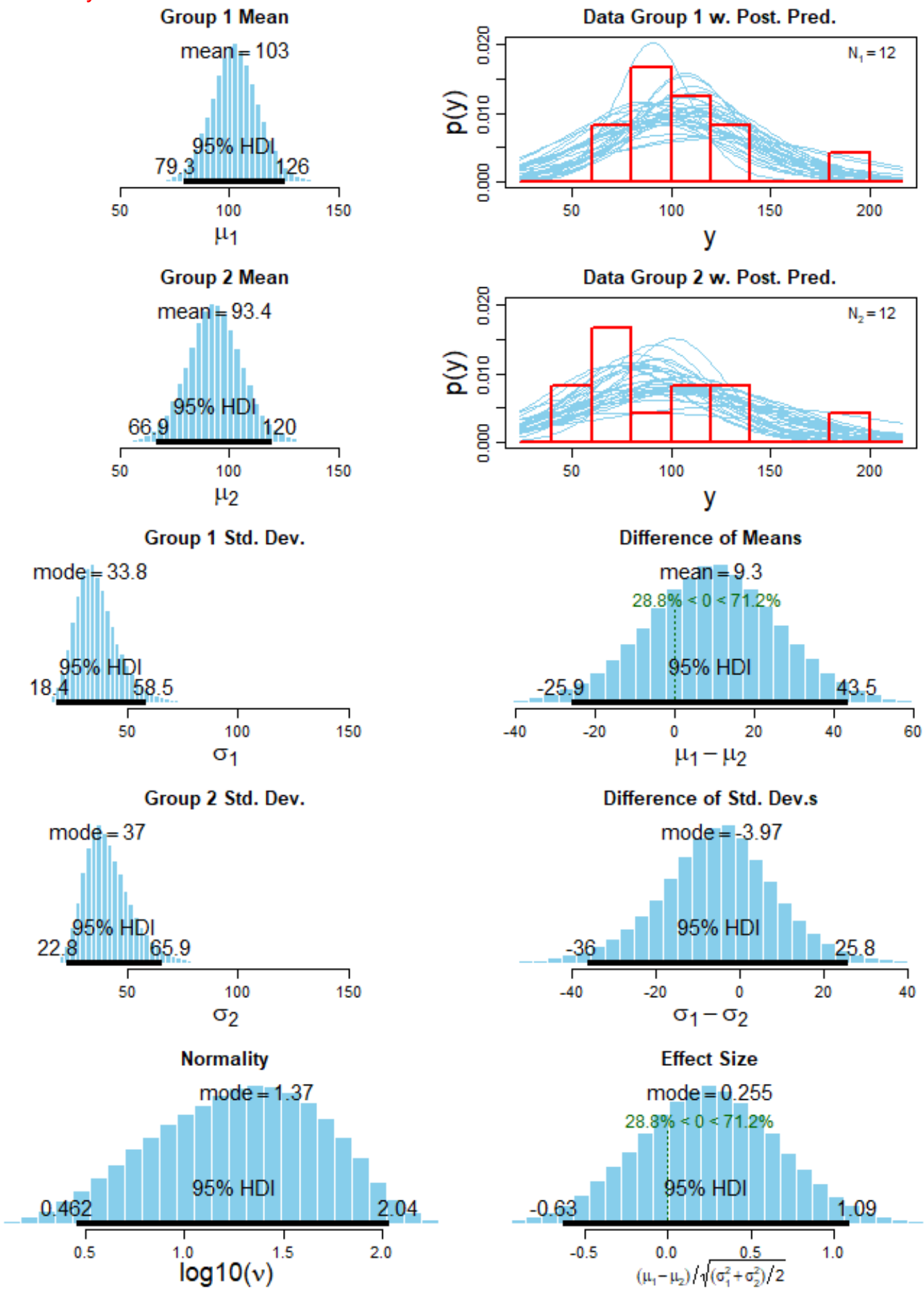
1RM Leg Press

Group 2: Test day 21



Group 1 = Test day 8
Group 2: Test day 14

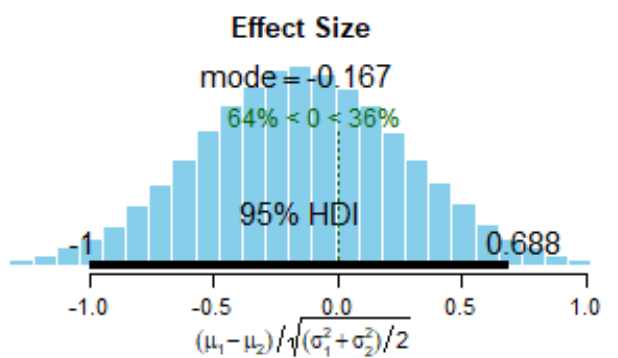
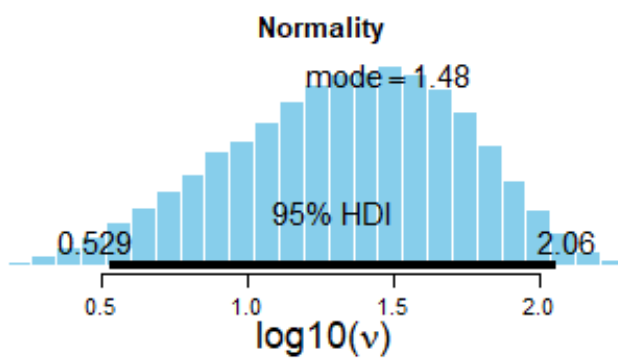
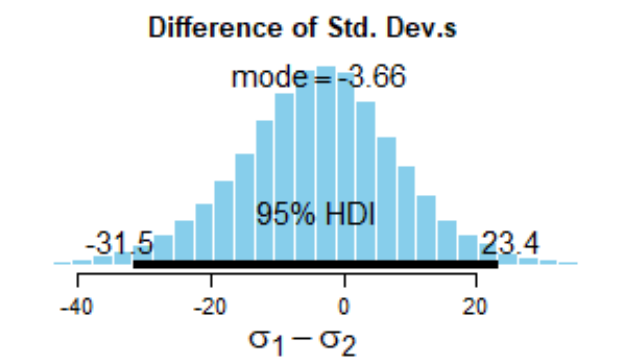
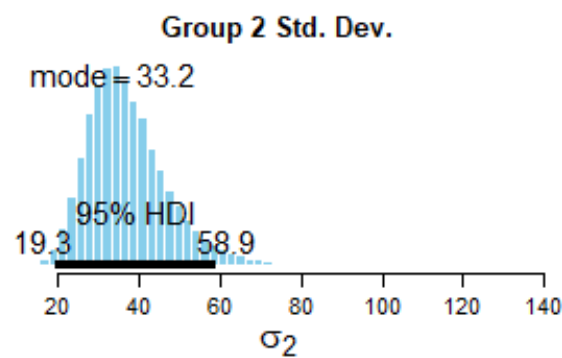
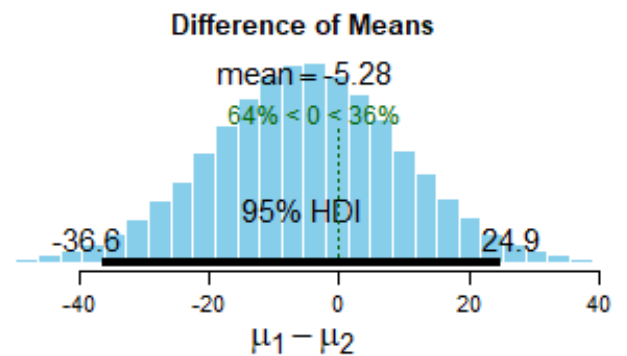
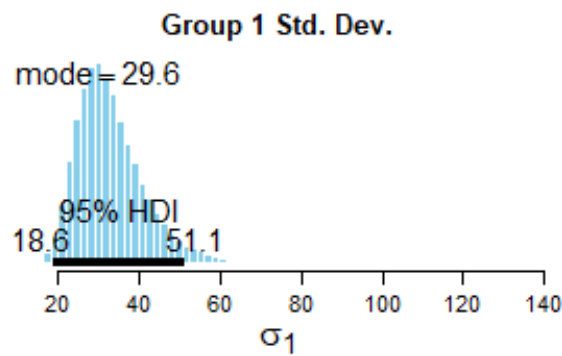
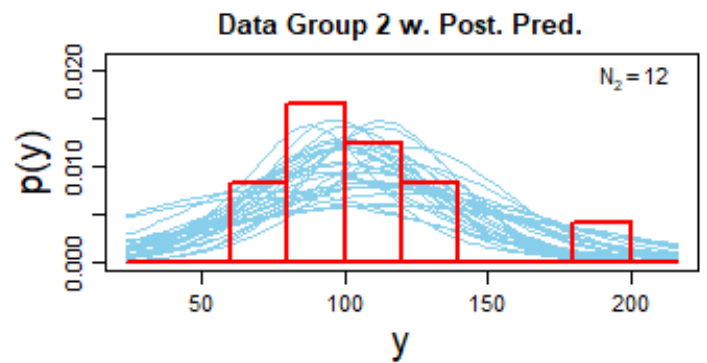
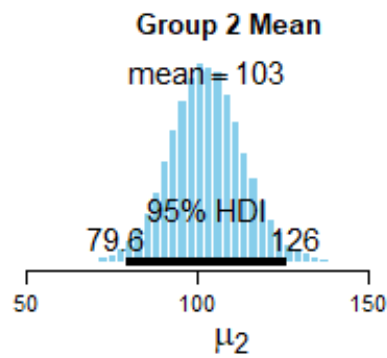
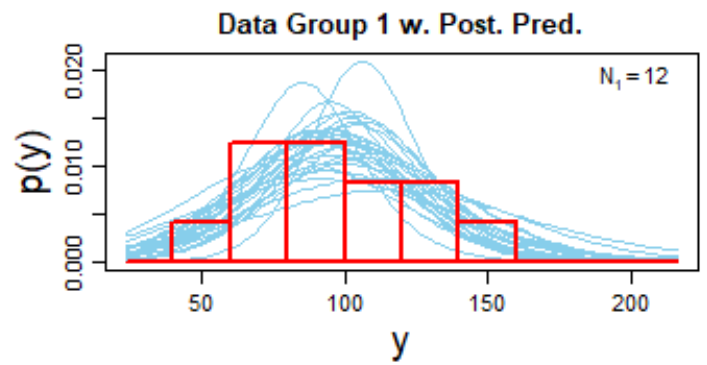
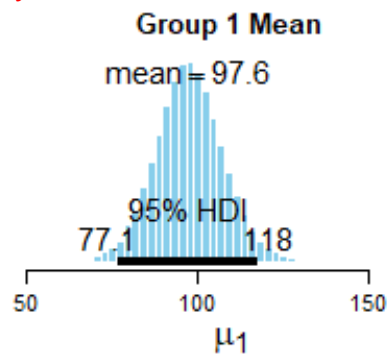
1RM Leg Press



Group 1 = Test day 2

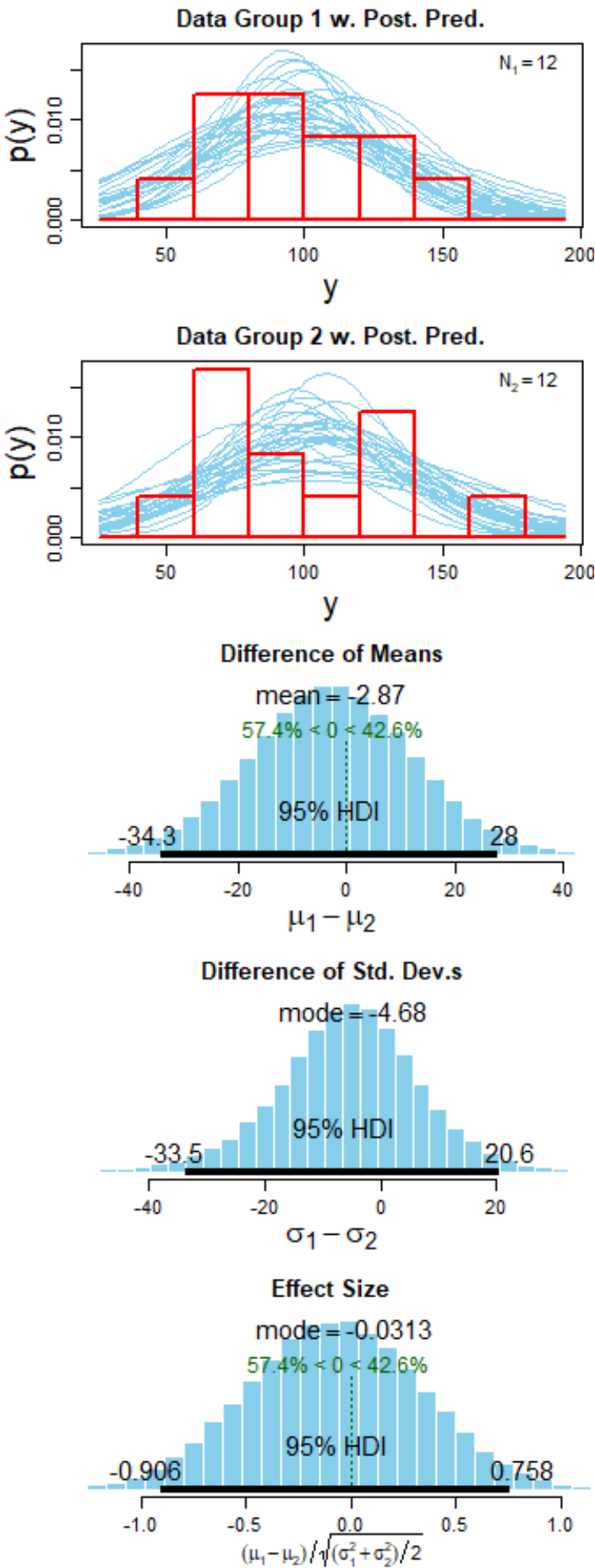
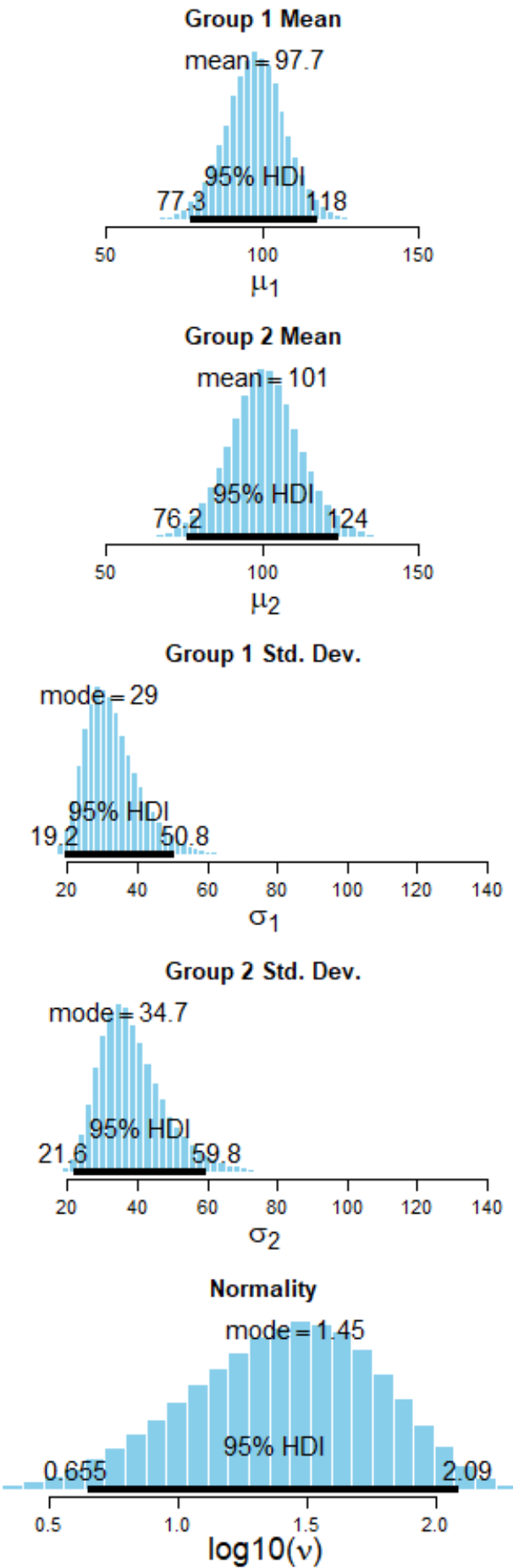
1RM Leg Press

Group 2: Test day 8



Group 1 = Test day 2
Group 2: Test day 8

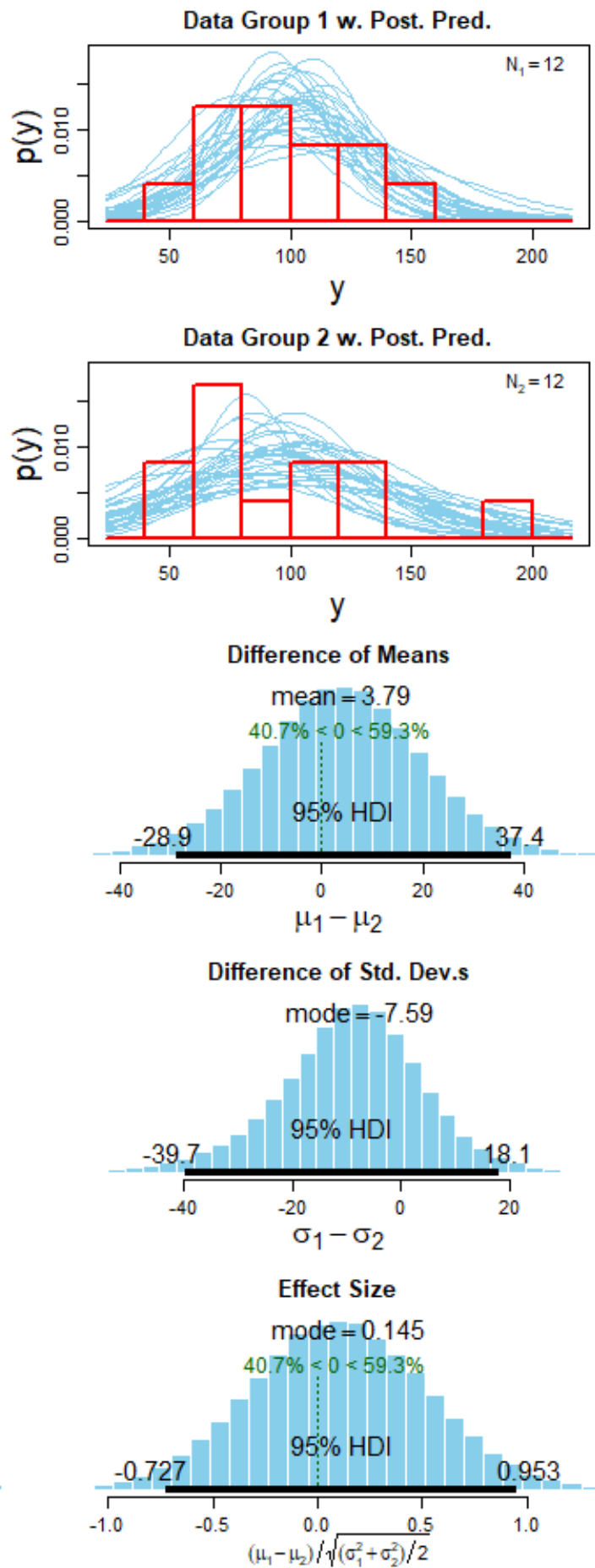
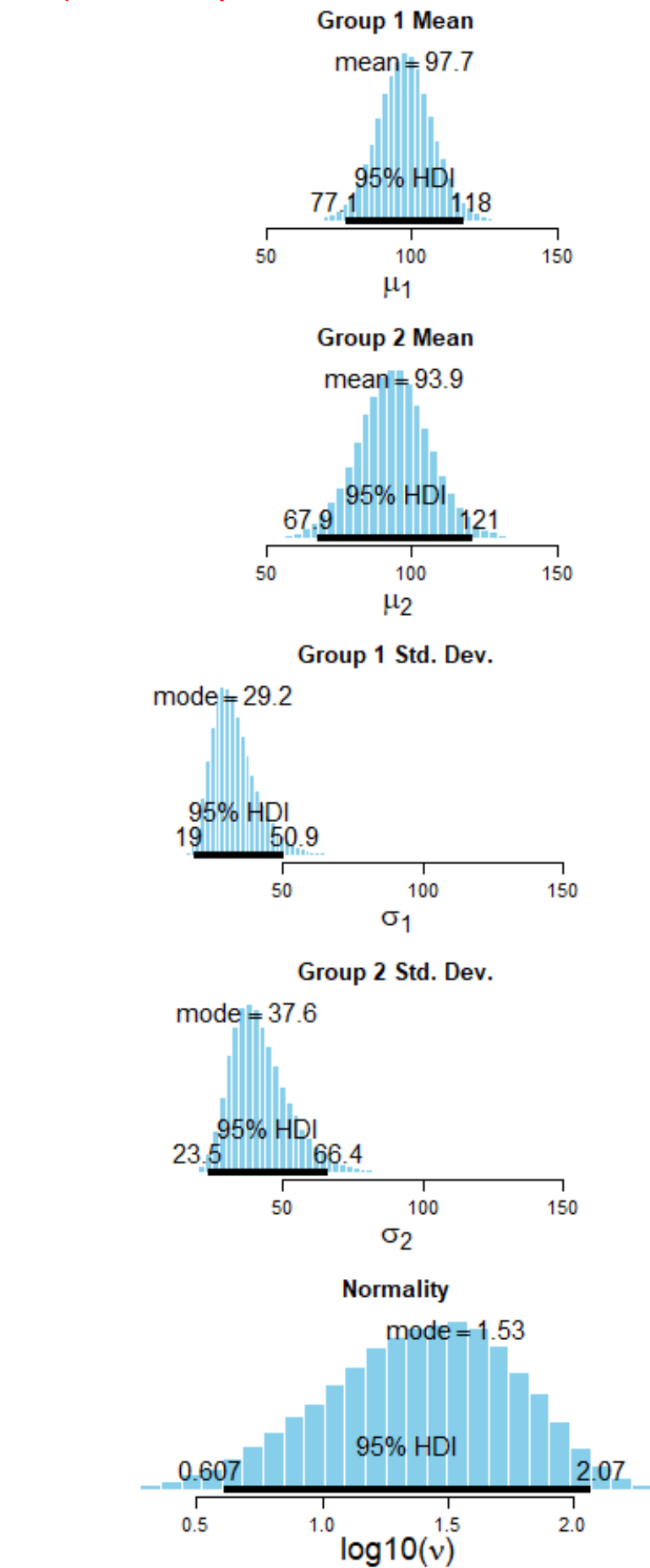
1RM Leg Press



Group 1 = Test day 2

Group 2: Test day 14

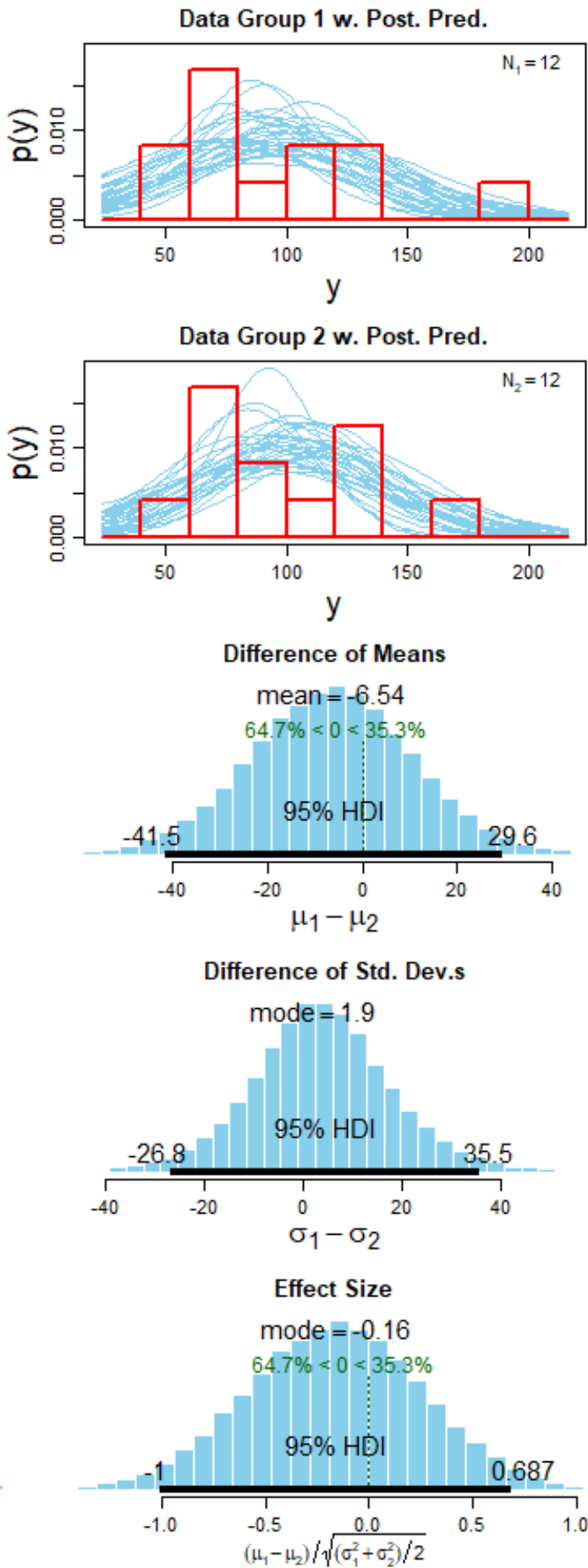
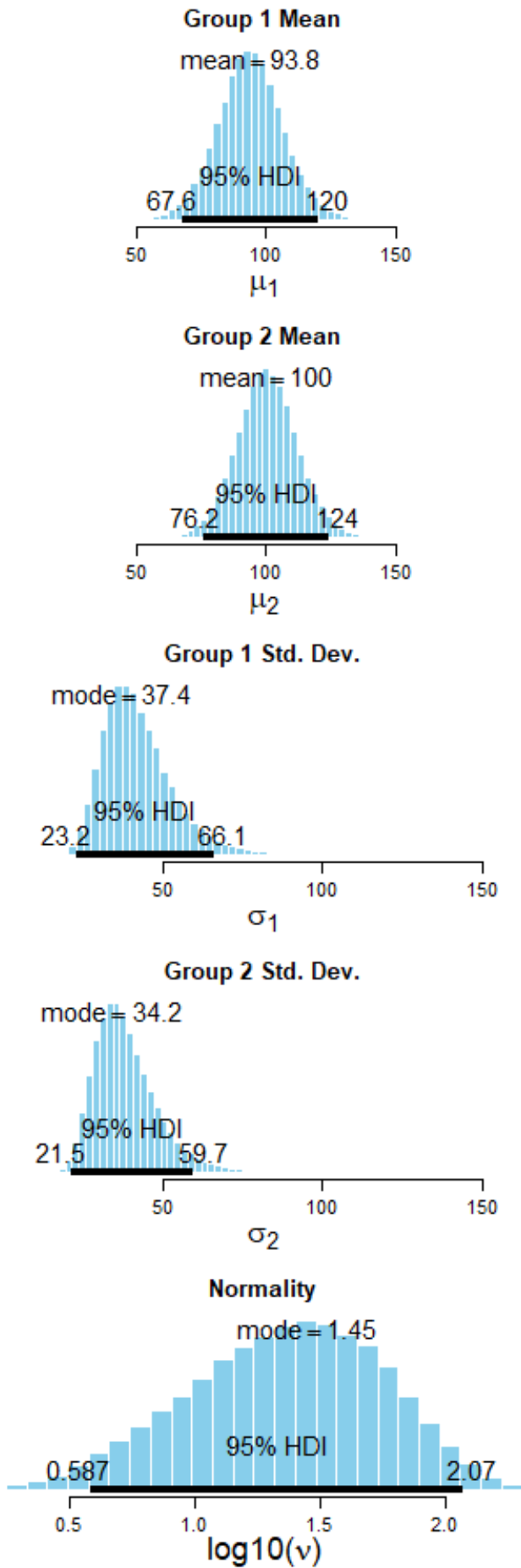
1RM Leg Press



Group 1 = Test day 14

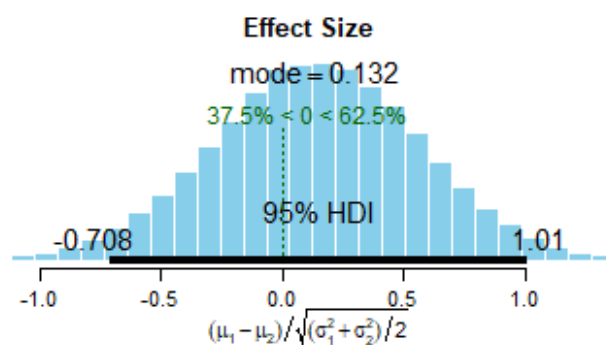
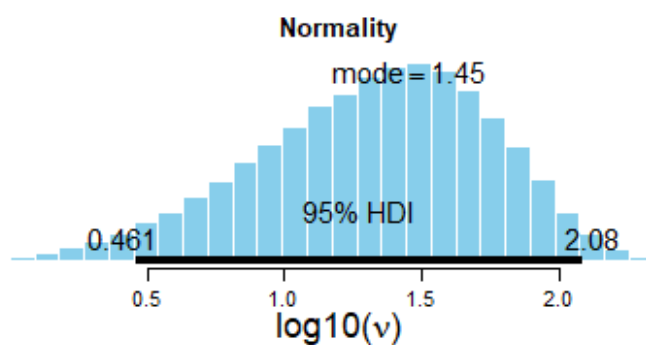
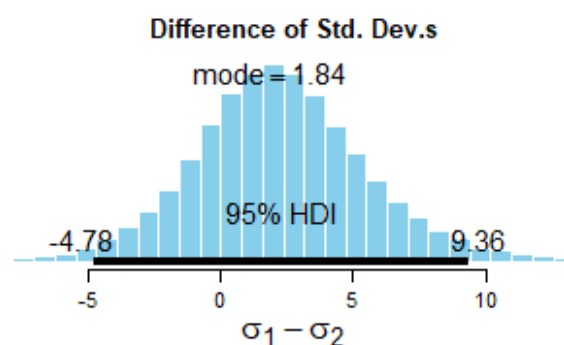
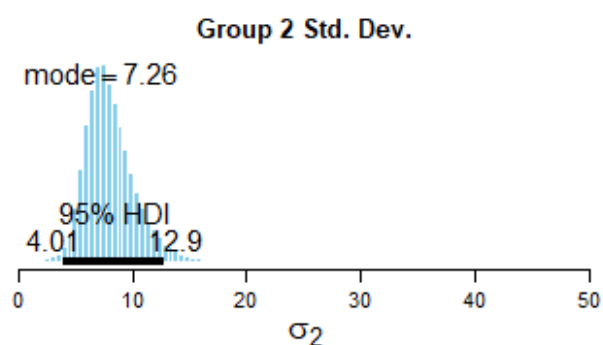
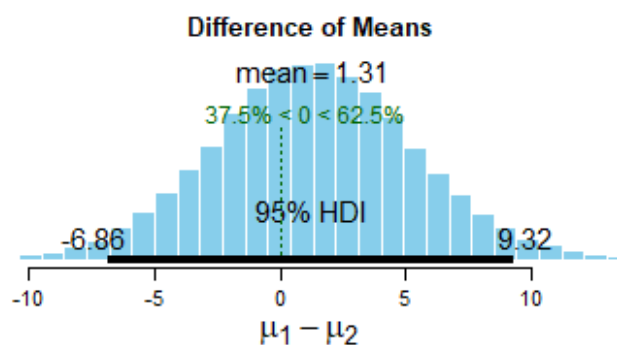
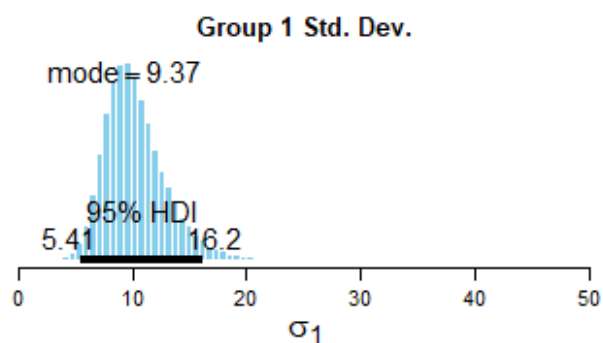
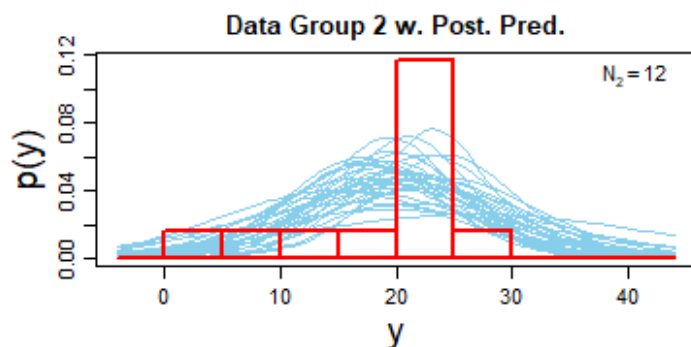
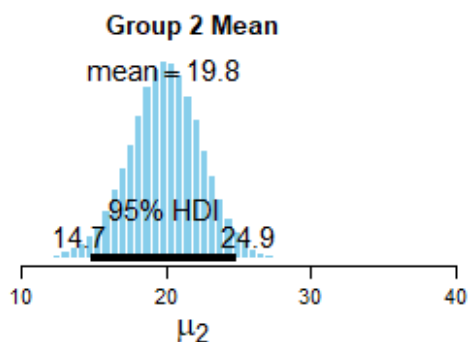
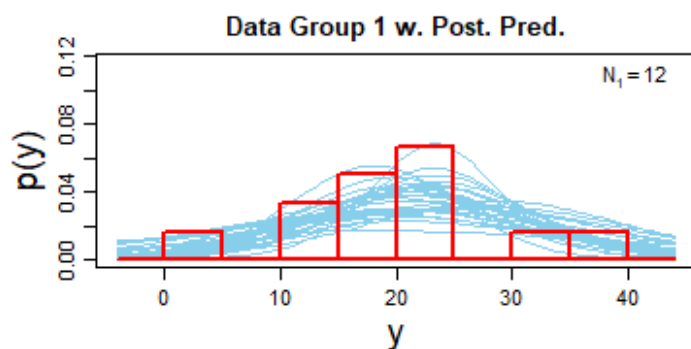
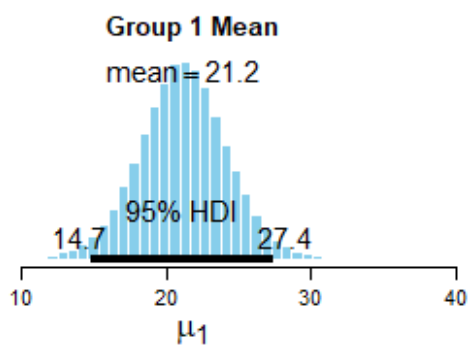
1RM Leg Press

Group 2: Test day 21



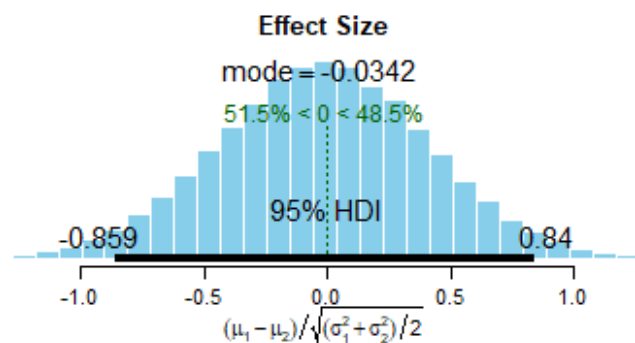
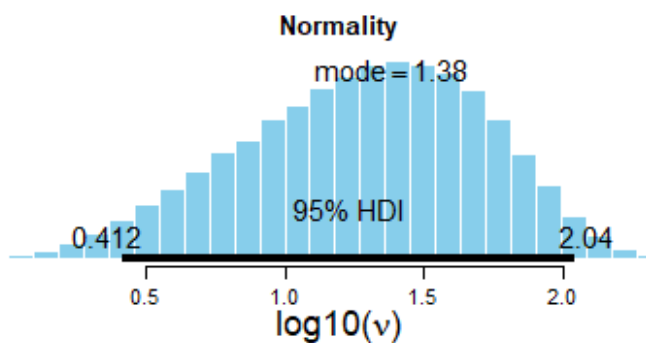
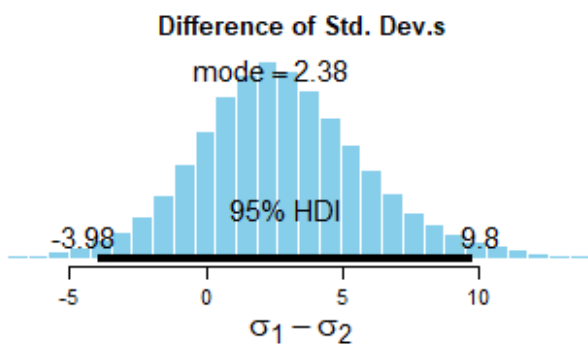
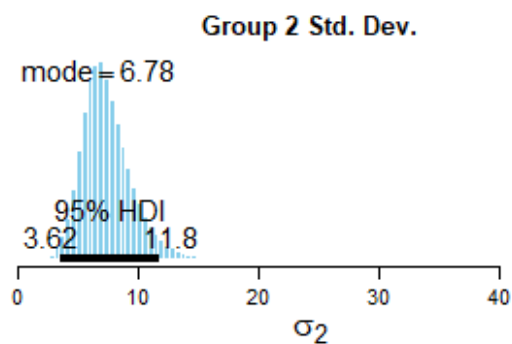
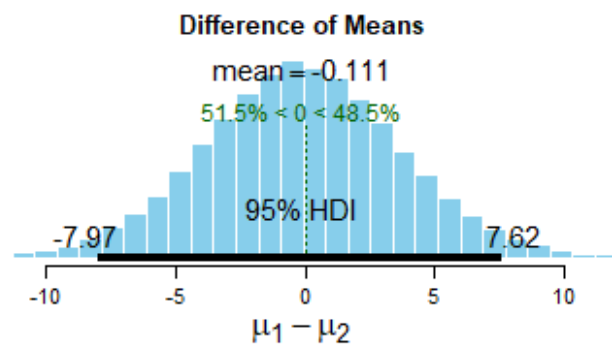
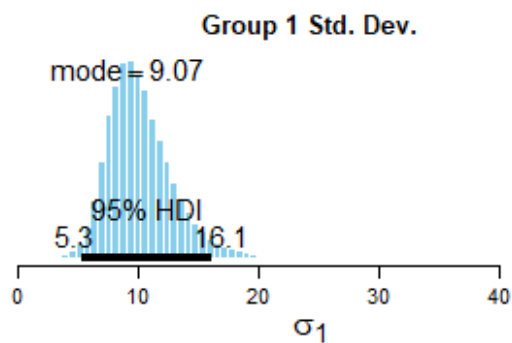
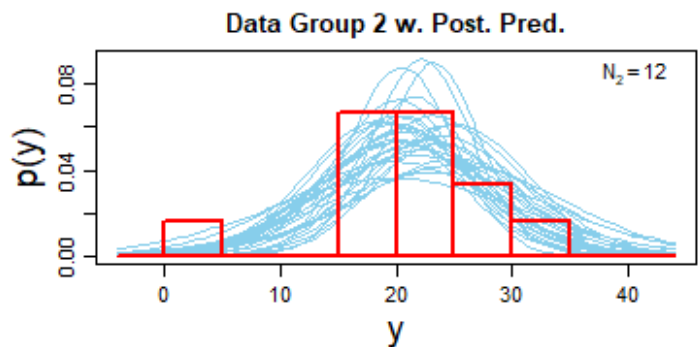
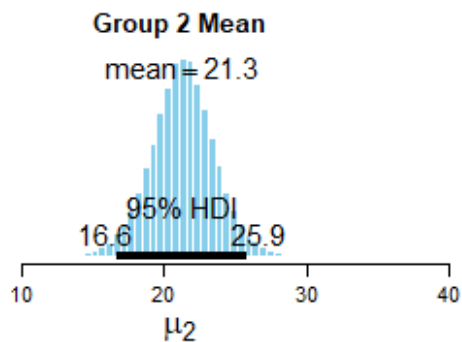
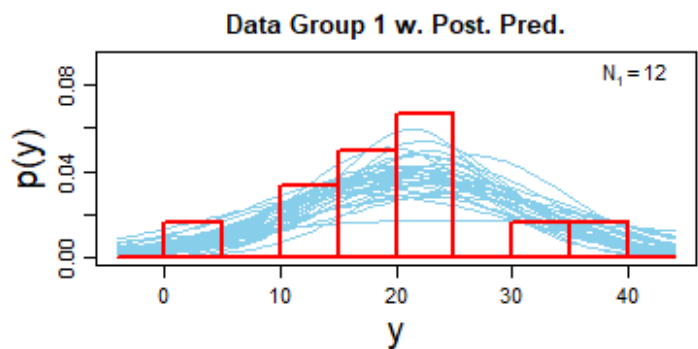
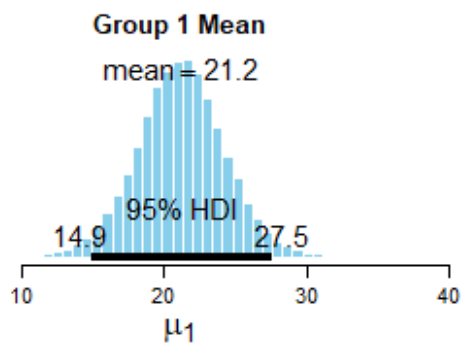
Group 1 = Test day 8
 Group 2: Test day 21

Number of Push ups



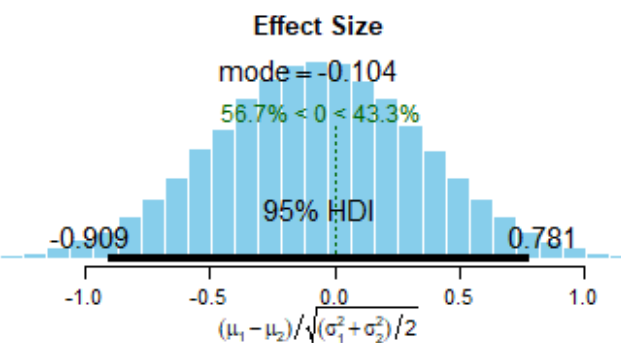
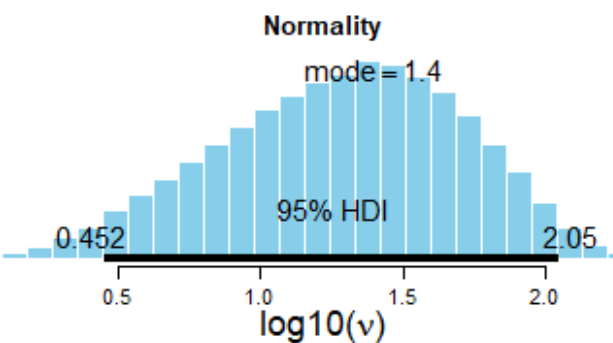
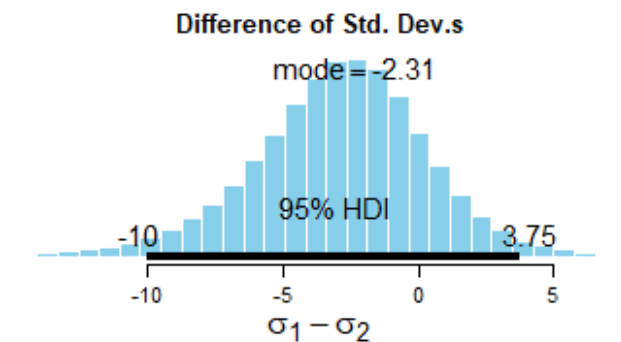
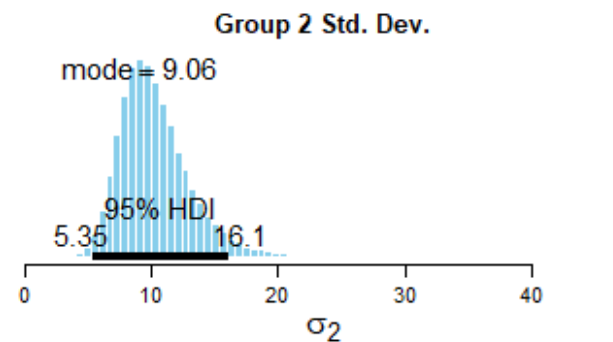
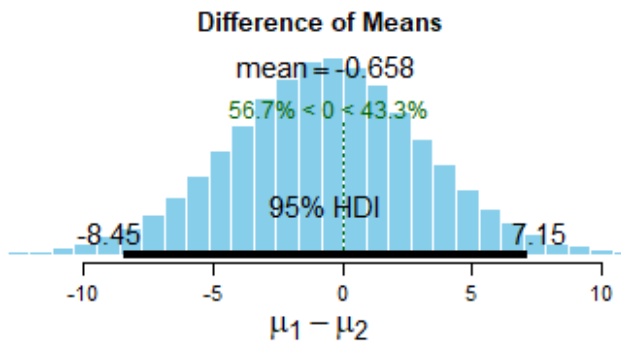
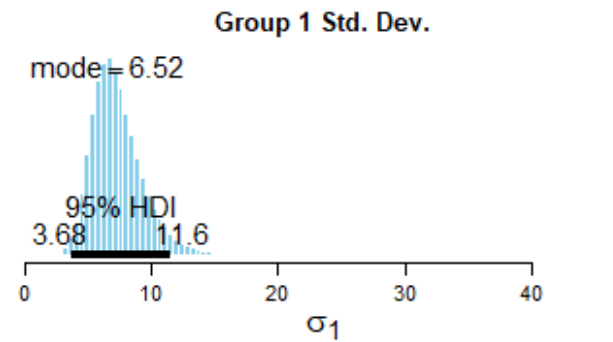
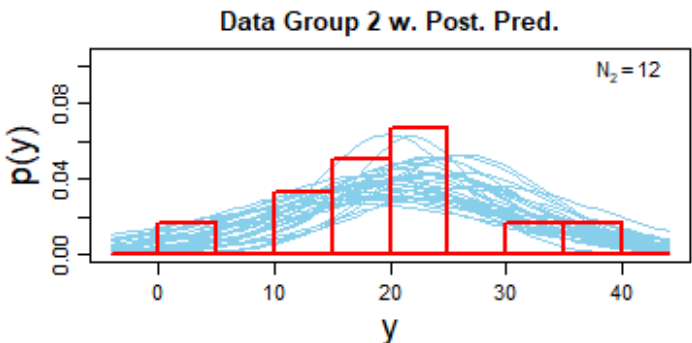
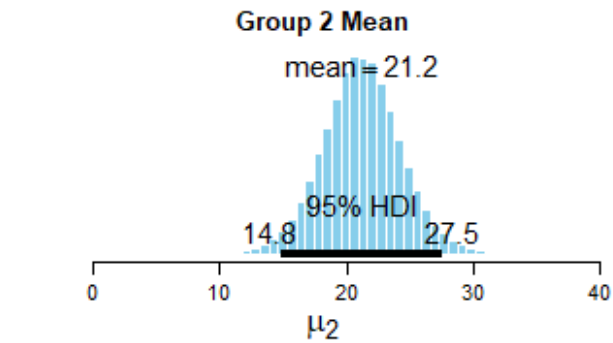
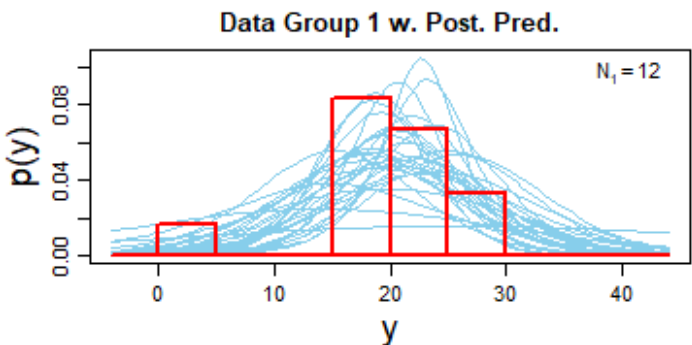
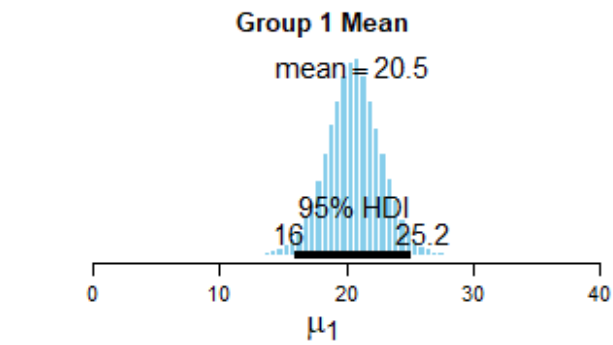
Group 1 = Test day 8
Group 2: Test day 14

Number of Push ups



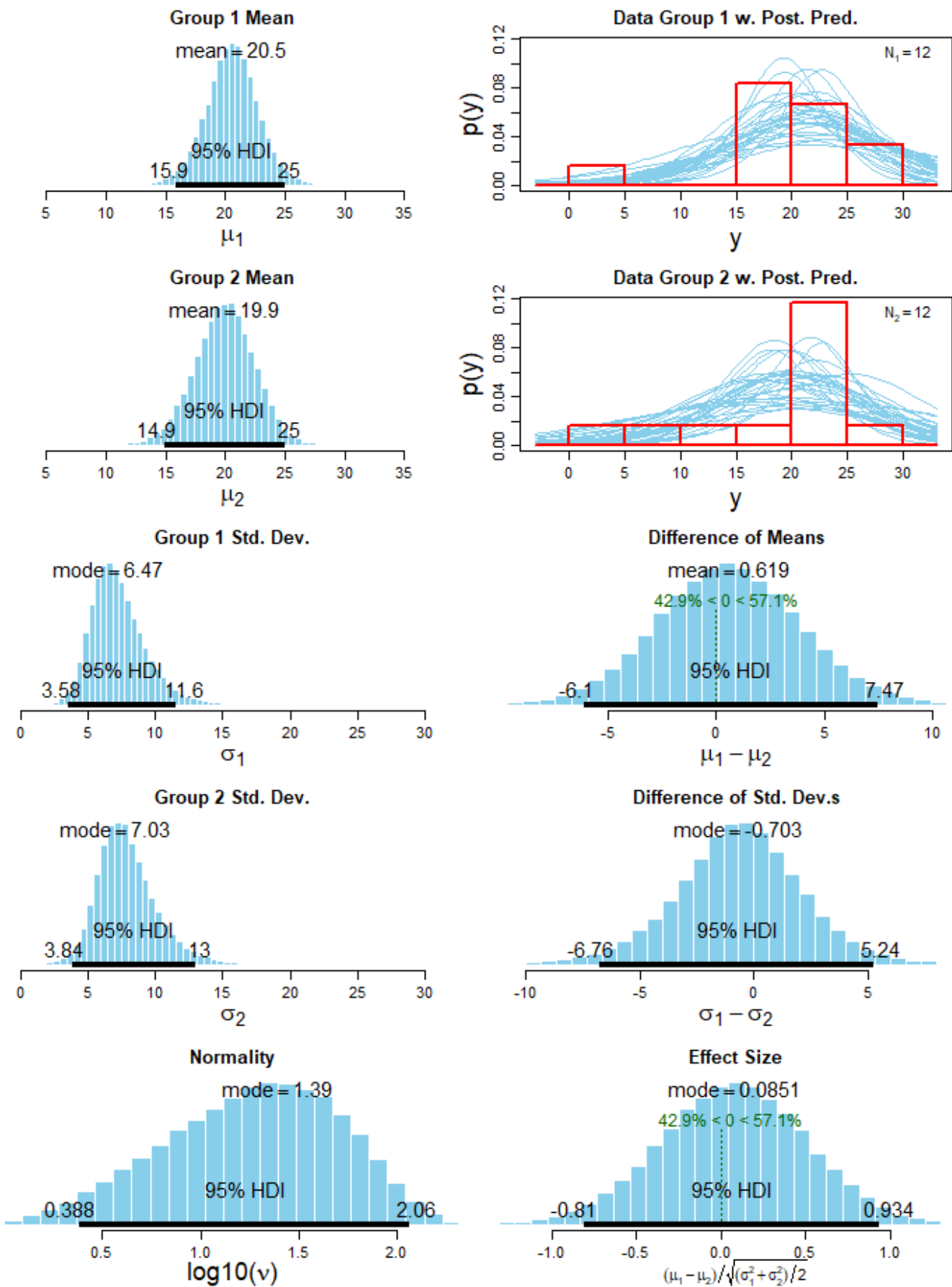
Group 1 = Test day 2
Group 2: Test day 8

Number of Push ups



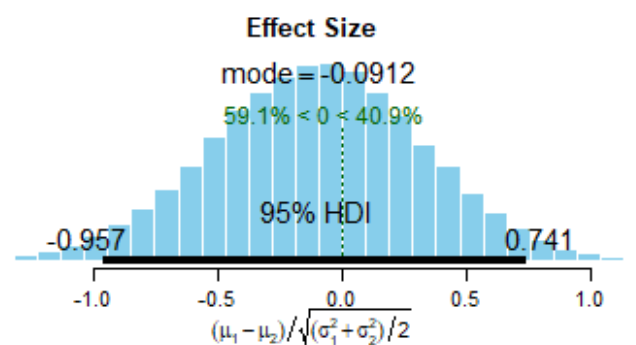
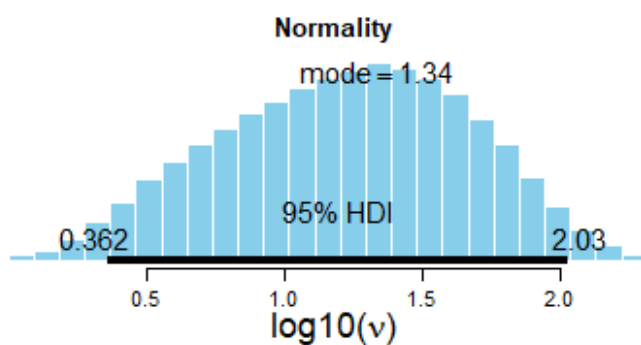
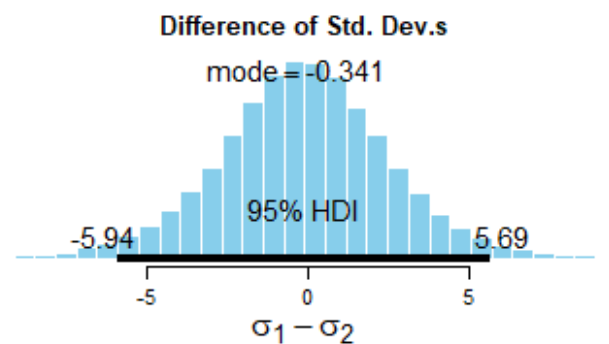
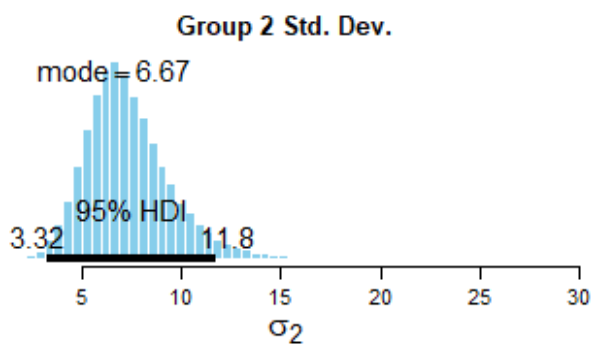
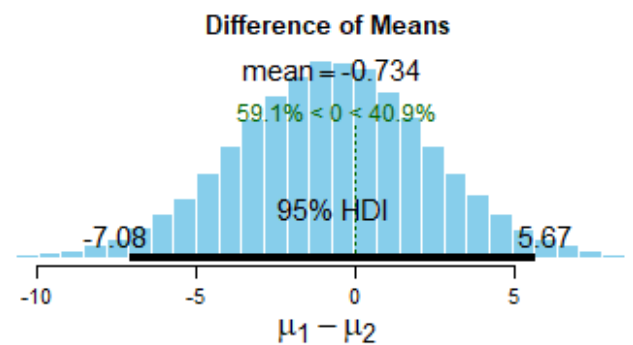
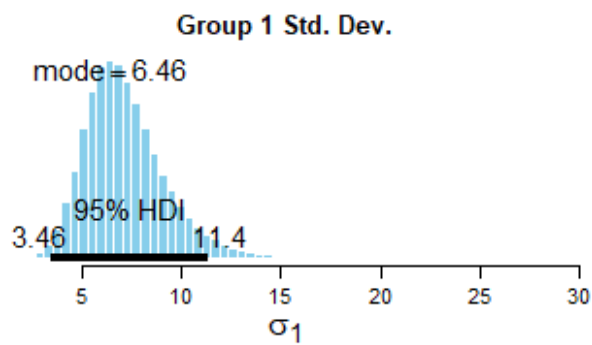
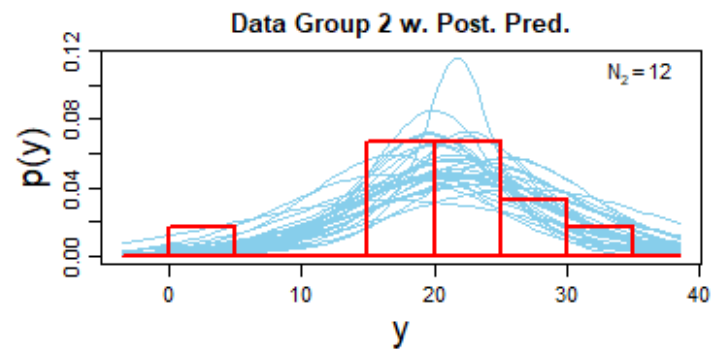
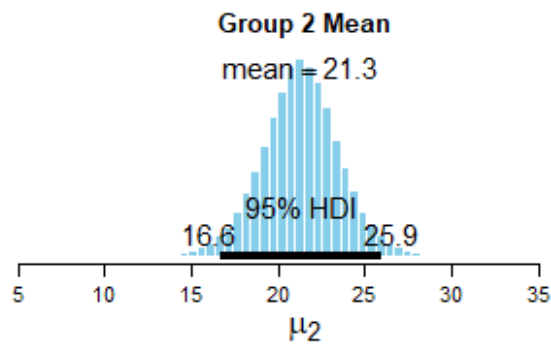
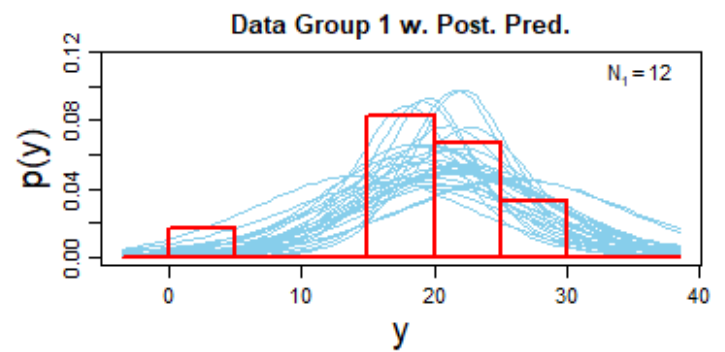
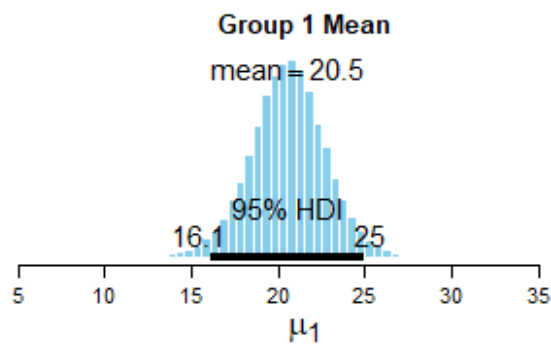
Group 1 = Test day 2
Group 2: Test day 21

Number of Push ups



Group 1 = Test day 2
 Group 2: Test day 14

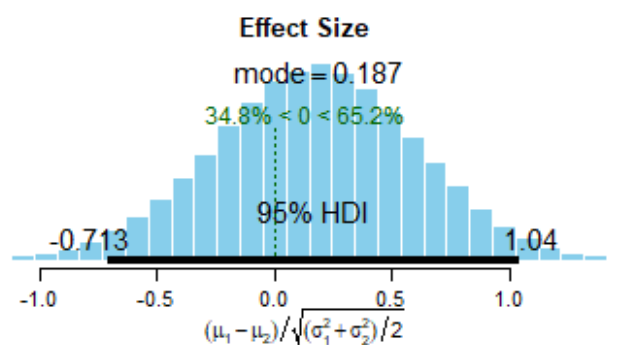
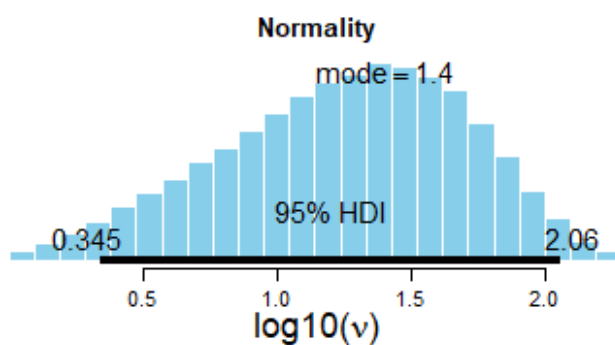
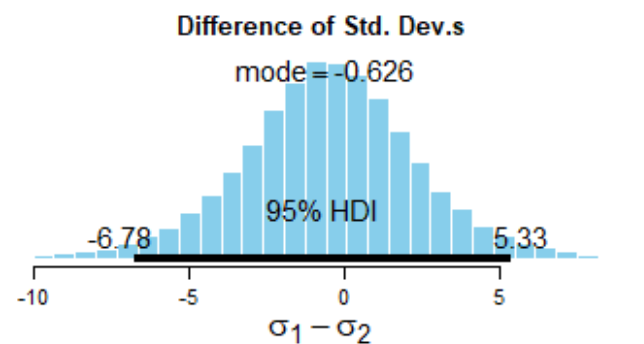
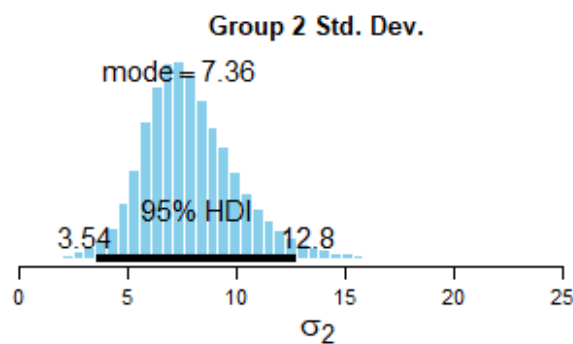
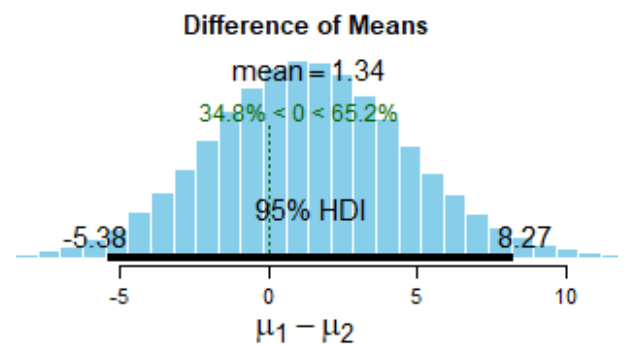
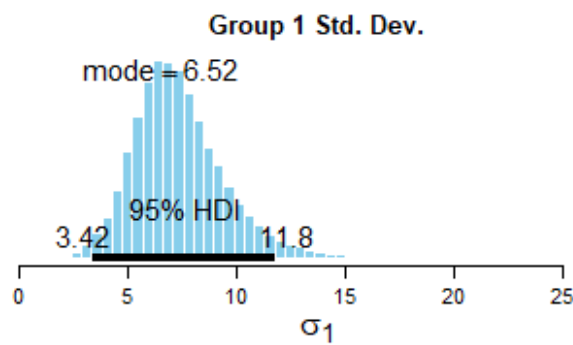
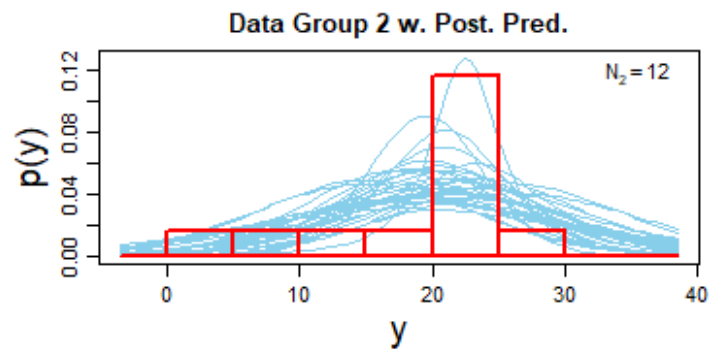
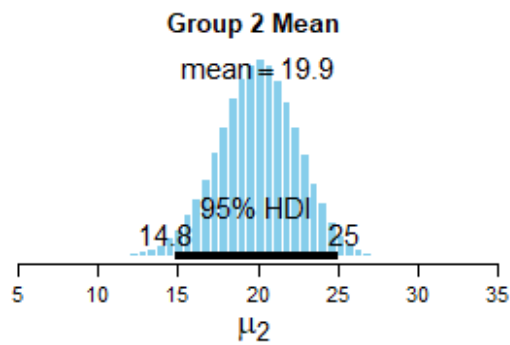
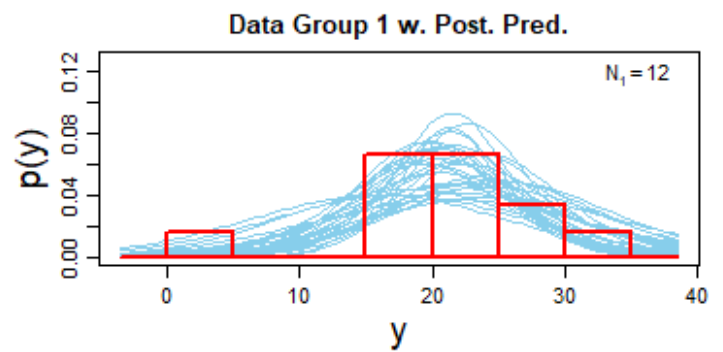
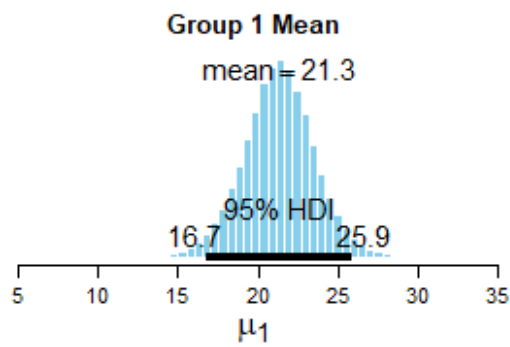
Number of Push ups



Group 1 = Test day 14

Number of Push ups

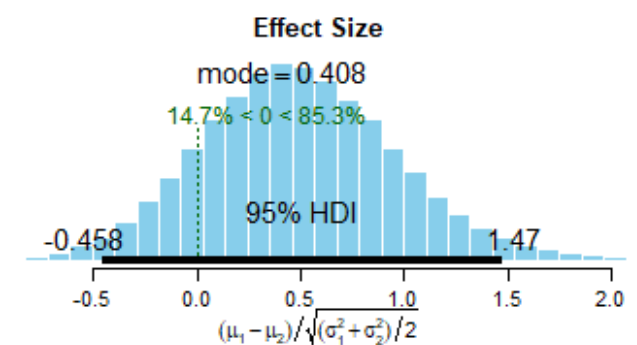
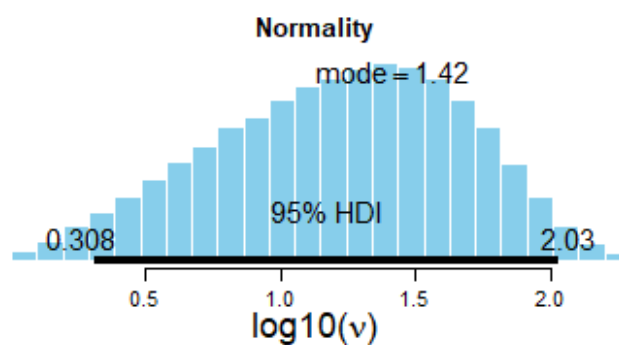
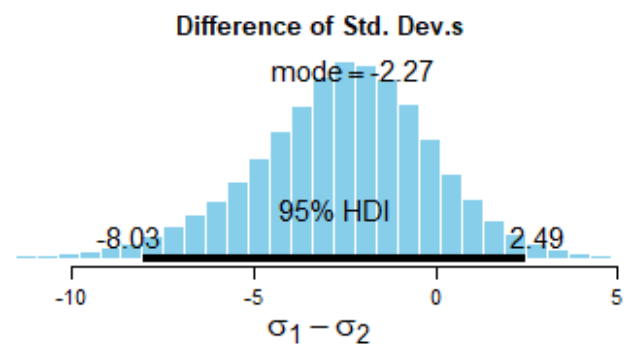
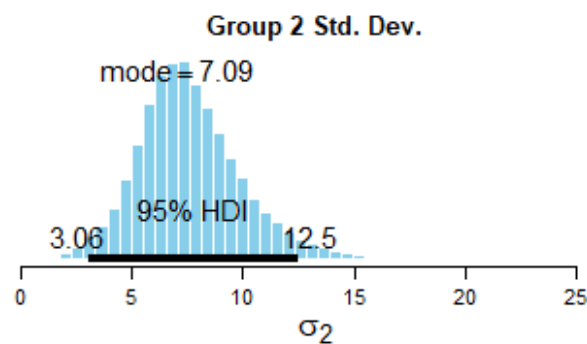
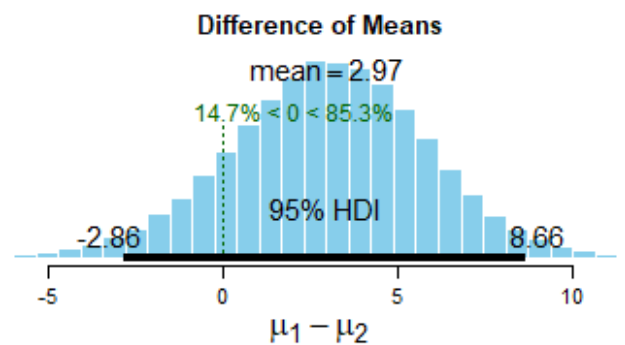
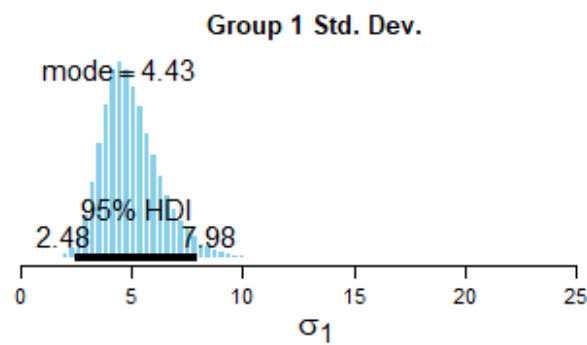
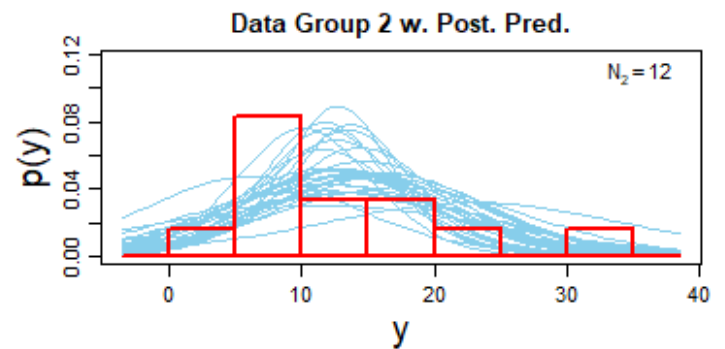
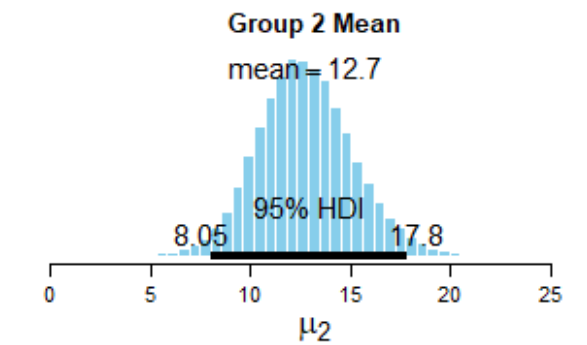
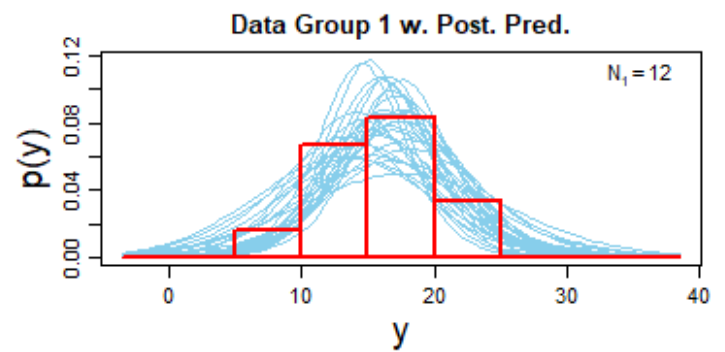
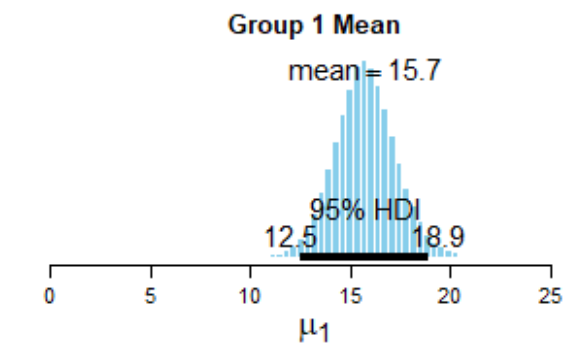
Group 2: Test day 21



Group 1 = Test day 8

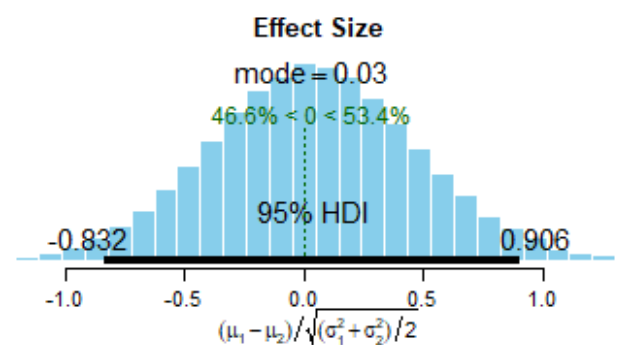
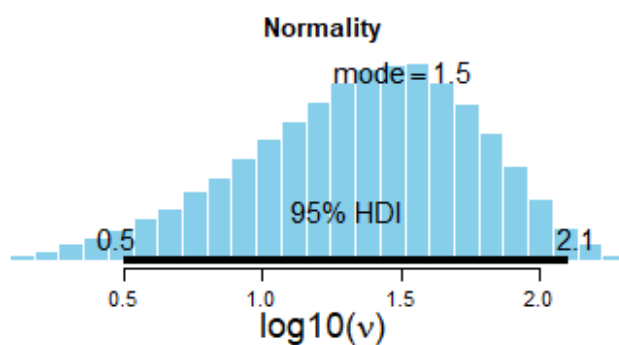
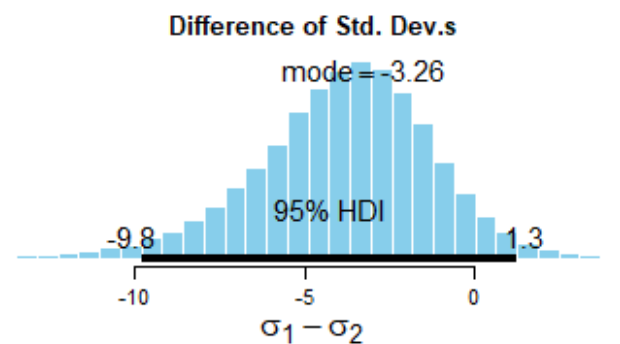
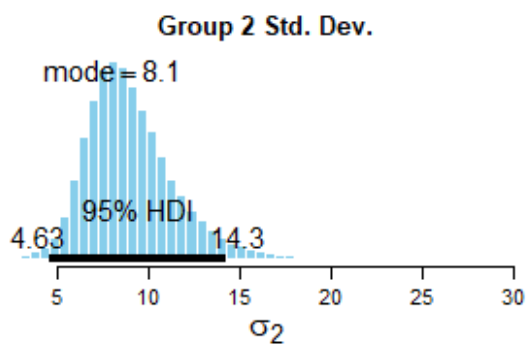
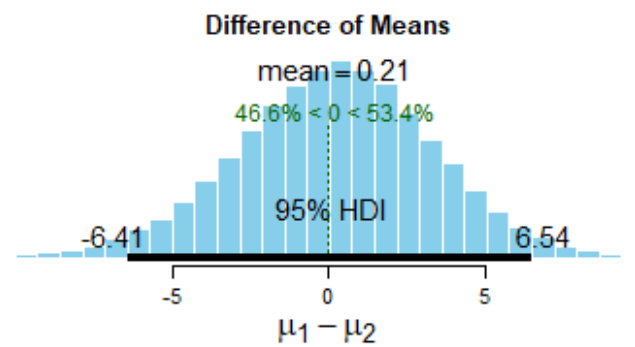
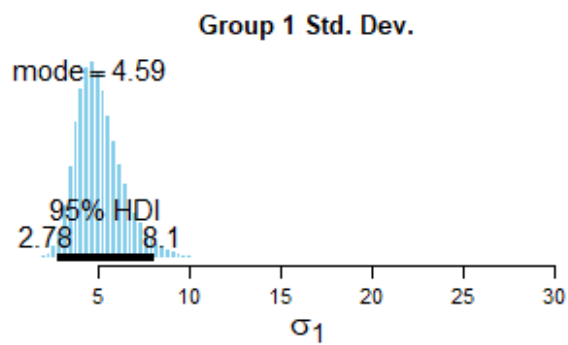
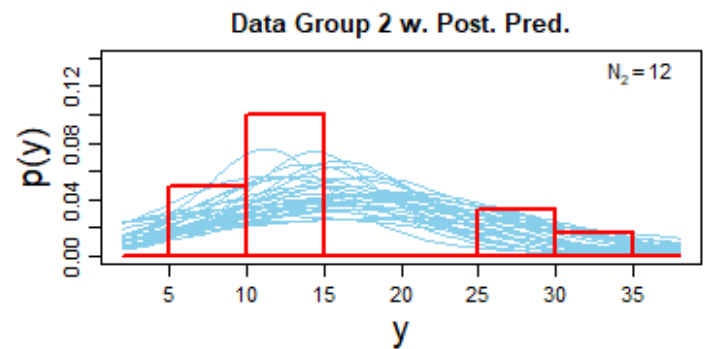
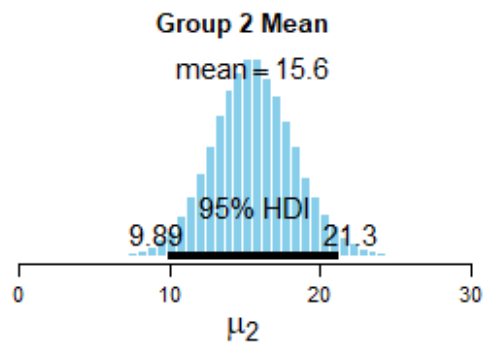
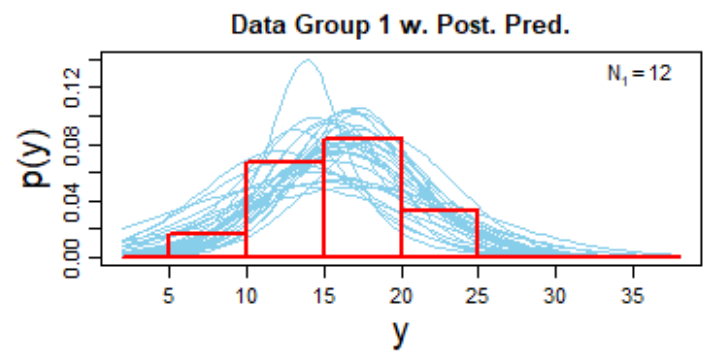
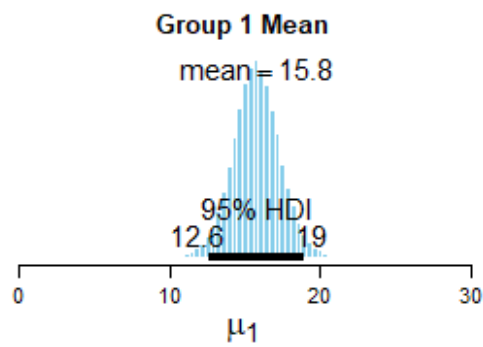
Group 2: Test day 21

Number of Leg press



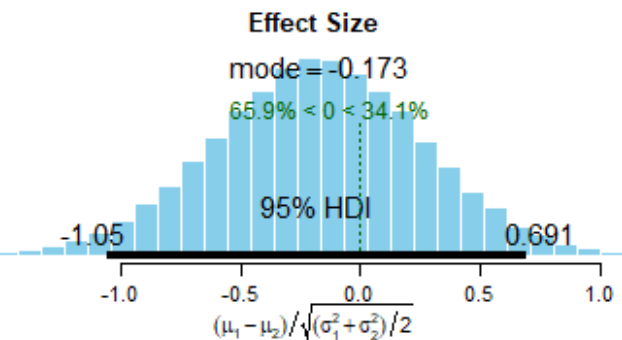
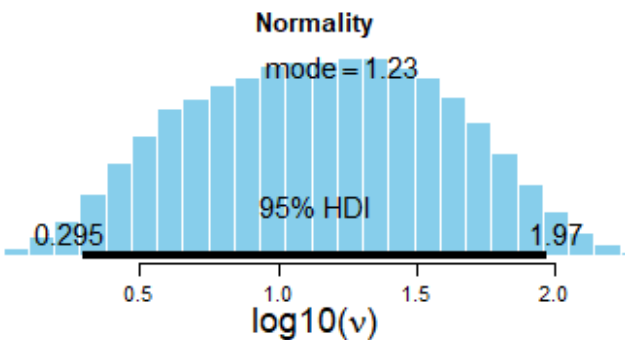
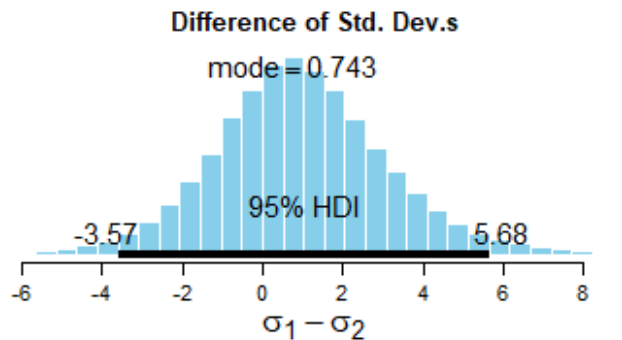
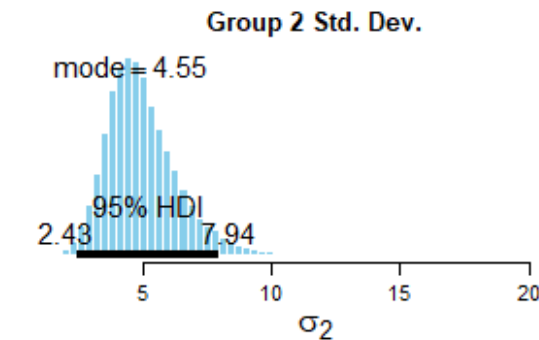
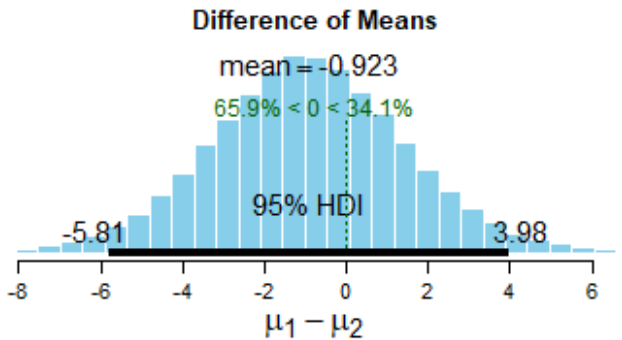
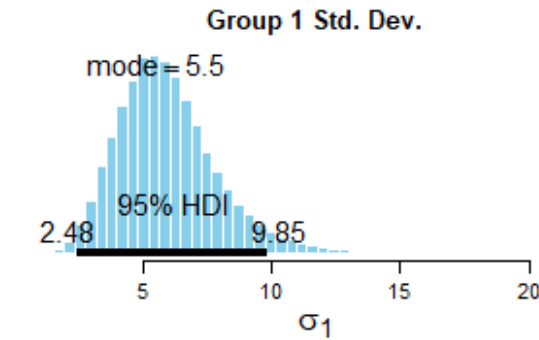
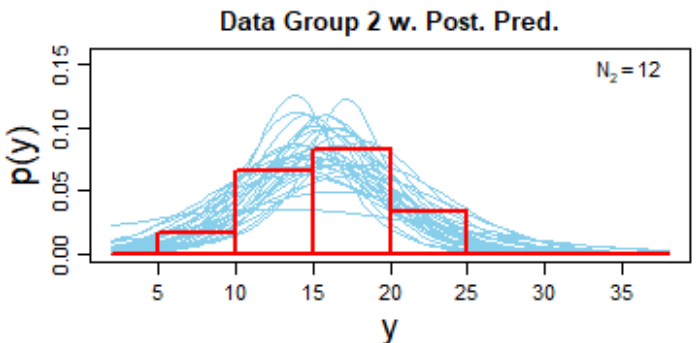
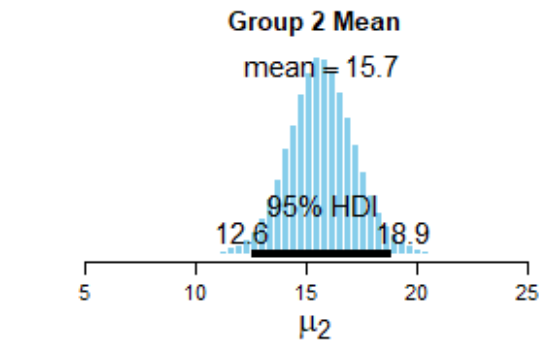
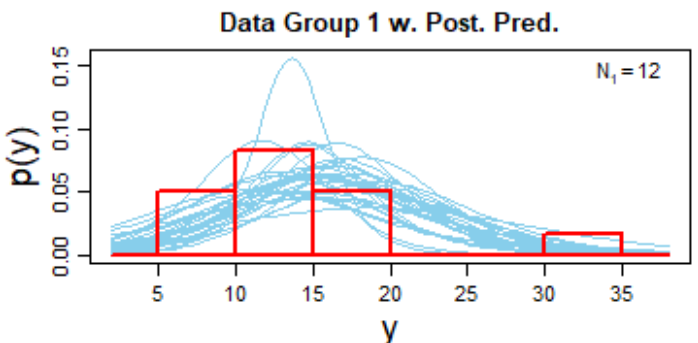
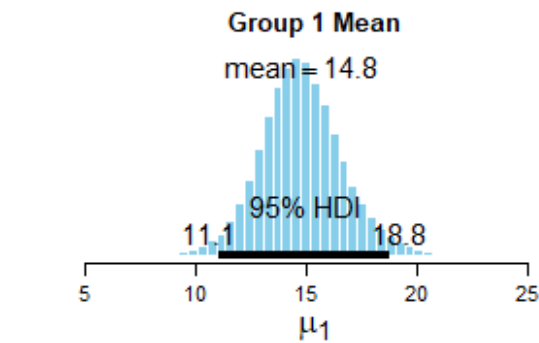
Group 1 = Test day 8
Group 2: Test day 14

Number of Leg press



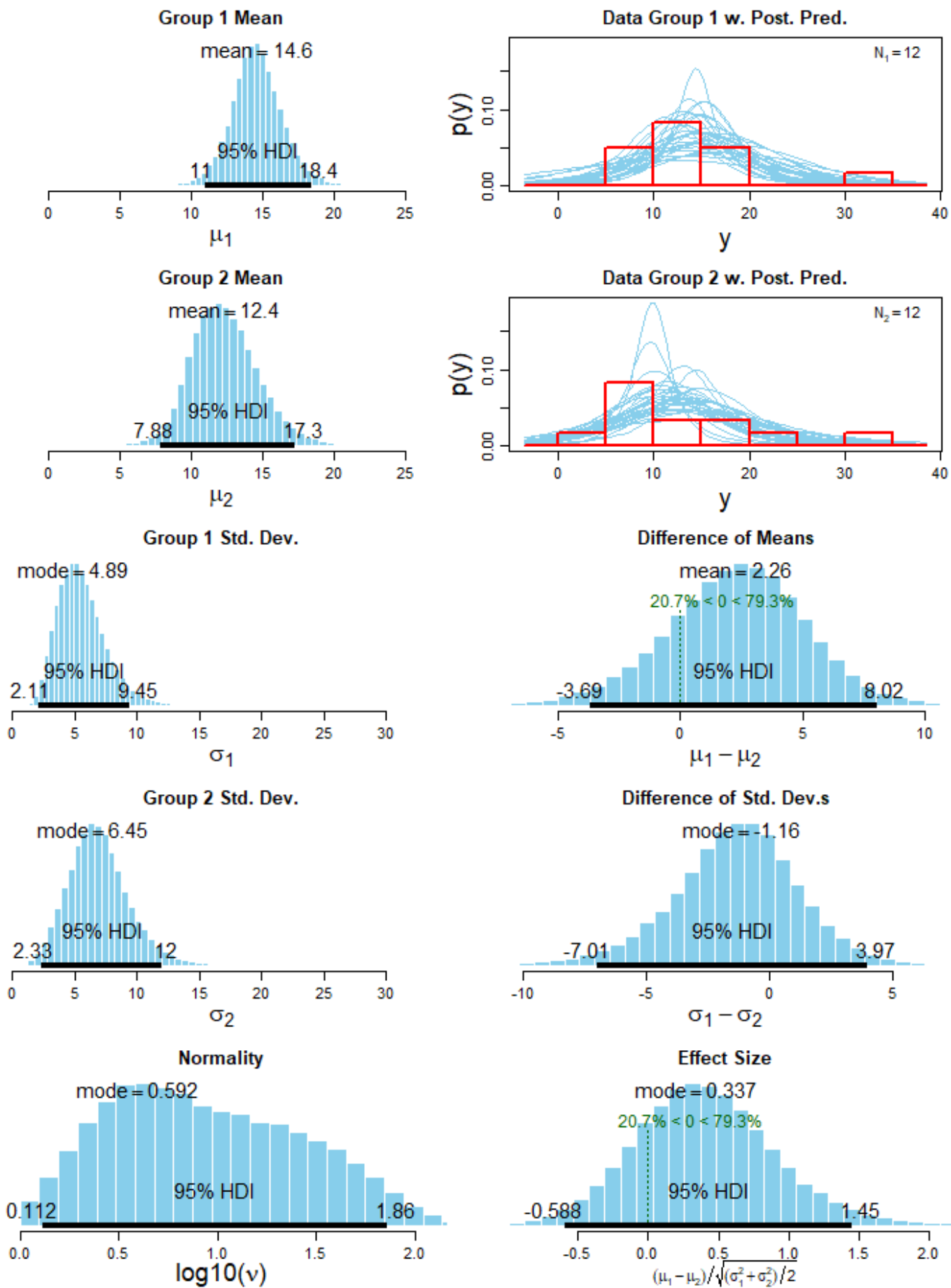
Group 1 = Test day 2
Group 2: Test day 8

Number of Leg press



Group 1 = Test day 2
Group 2: Test day 21

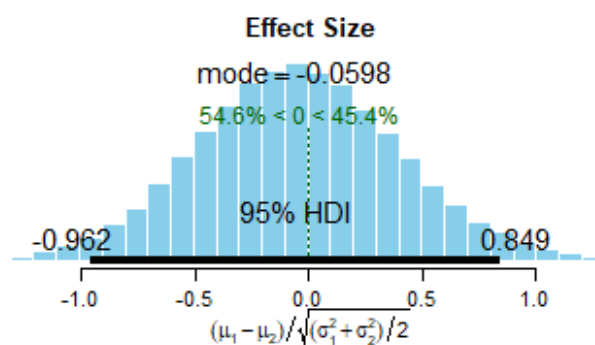
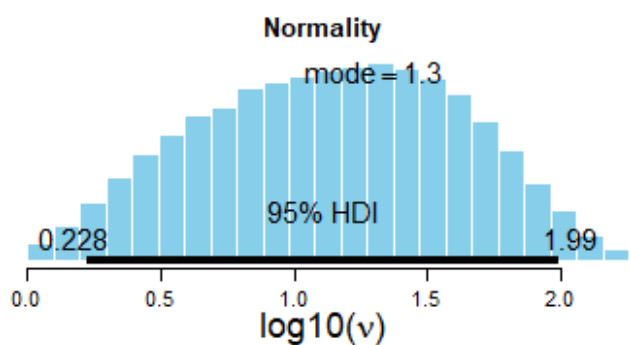
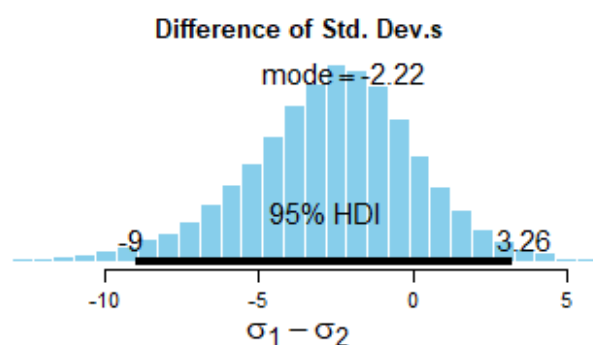
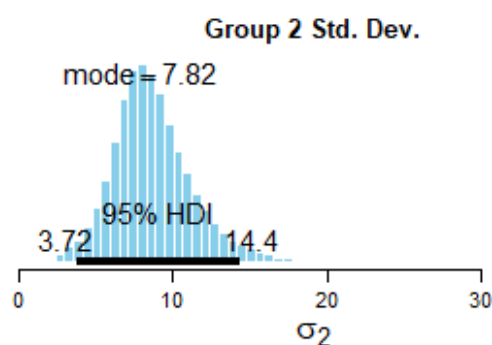
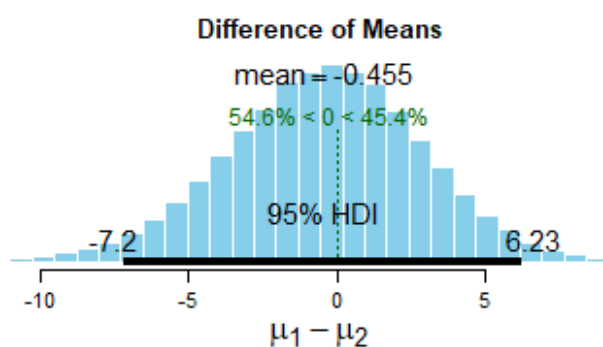
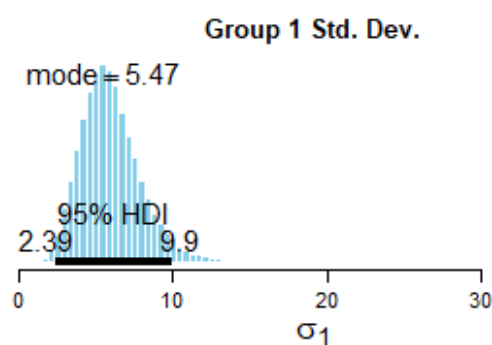
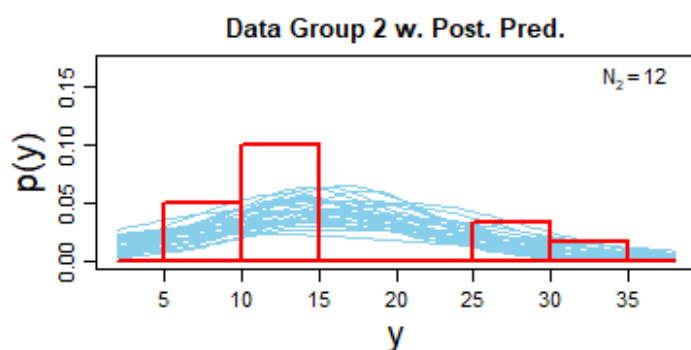
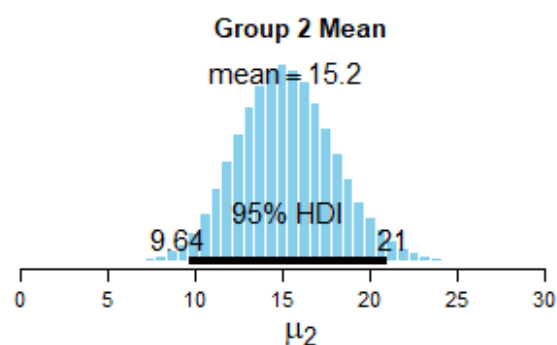
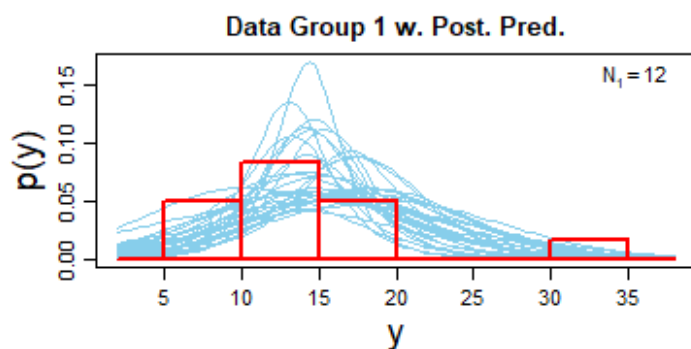
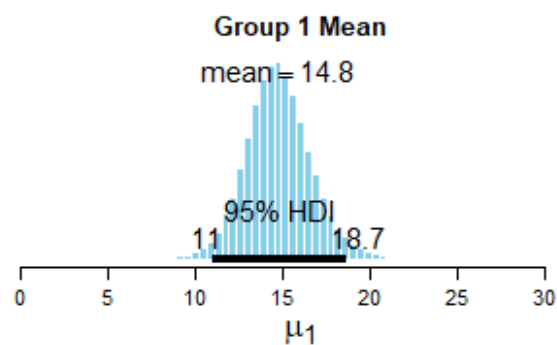
Number of Leg press



Group 1 = Test day 2

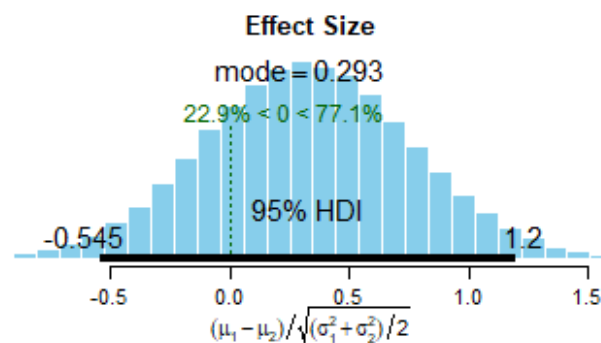
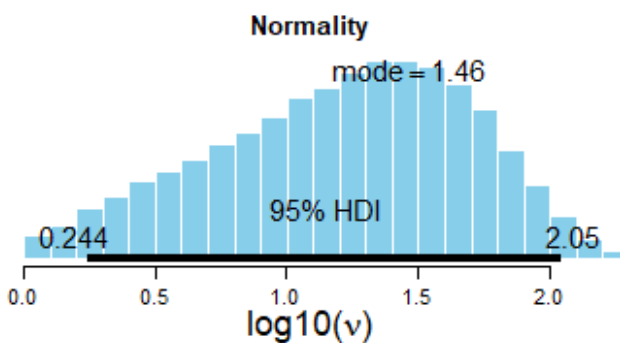
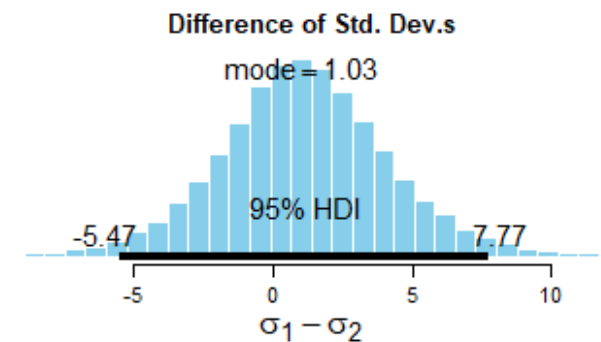
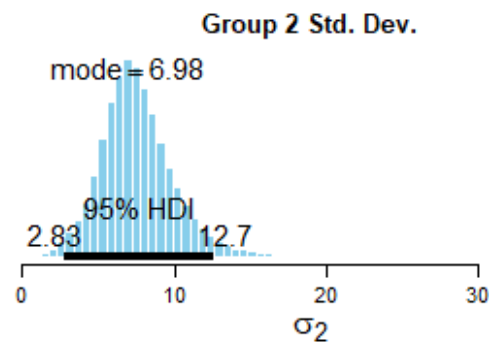
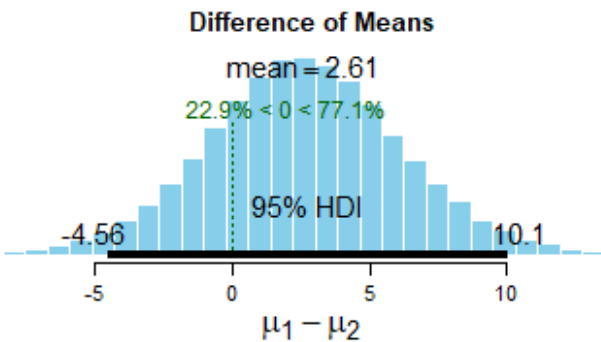
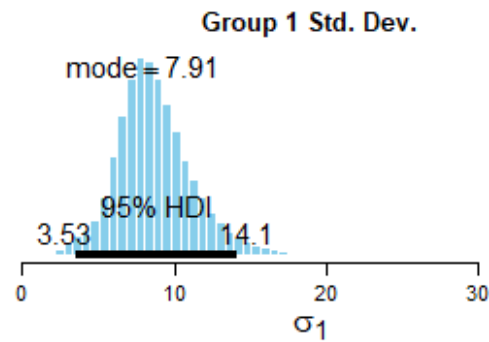
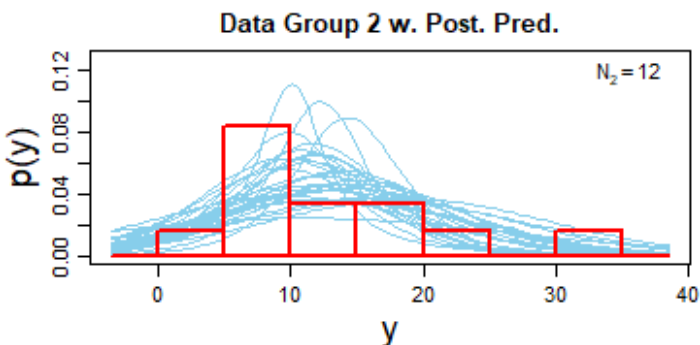
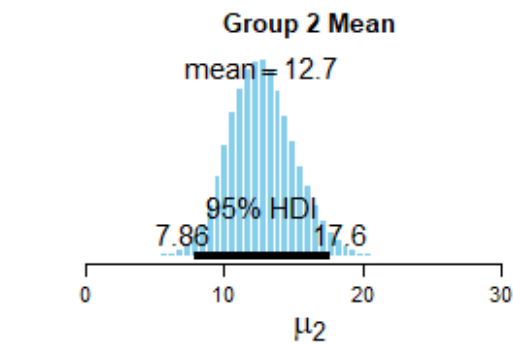
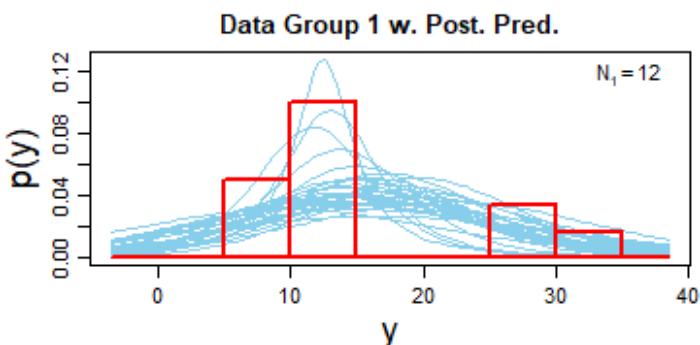
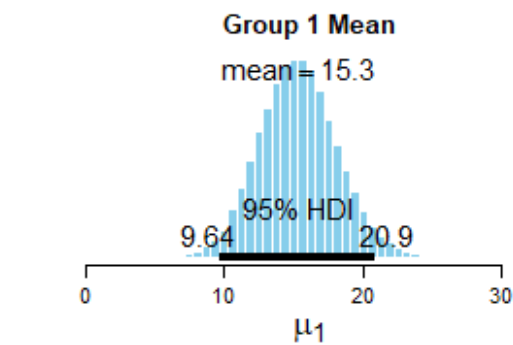
Group 2: Test day 14

Number of Leg press



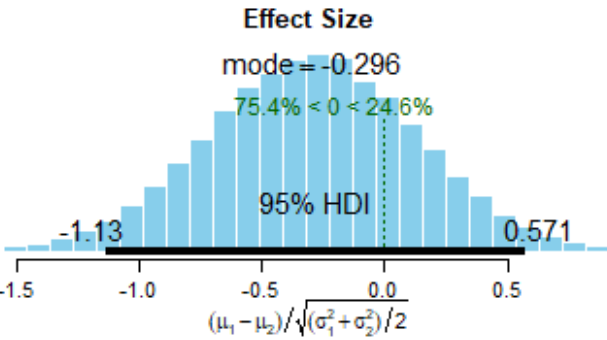
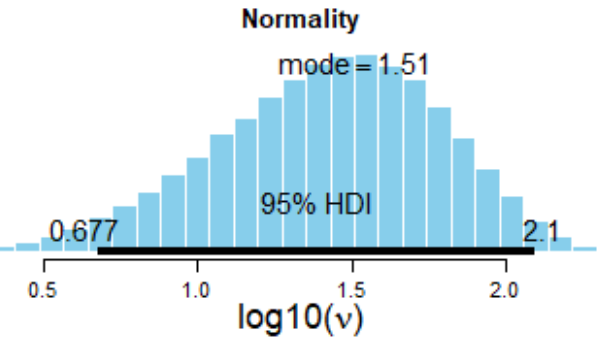
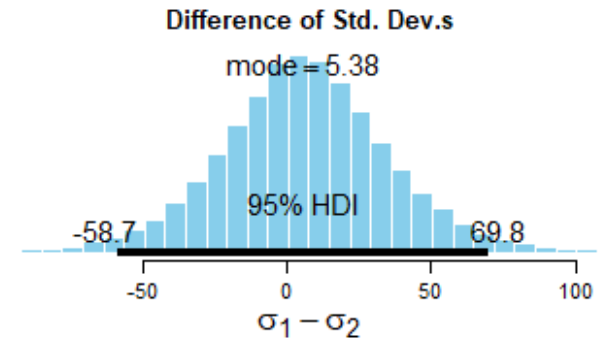
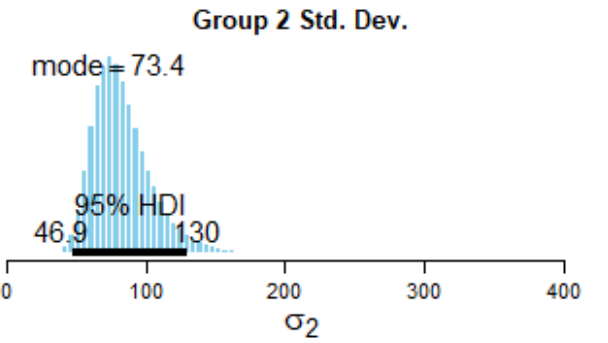
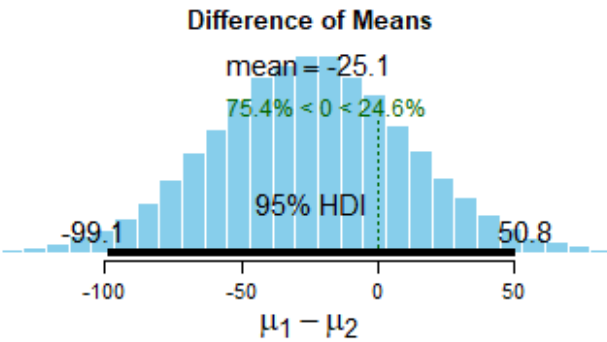
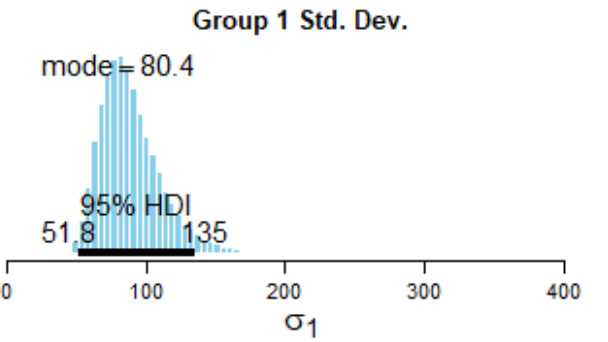
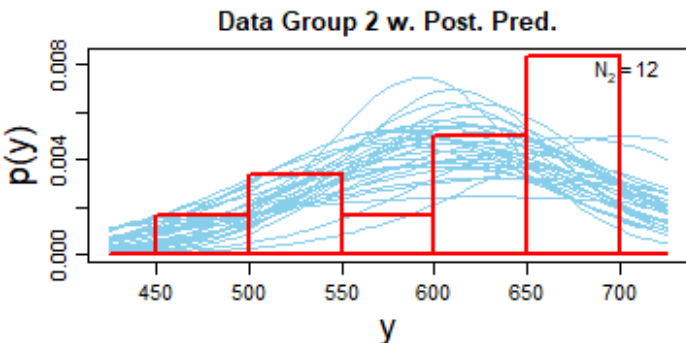
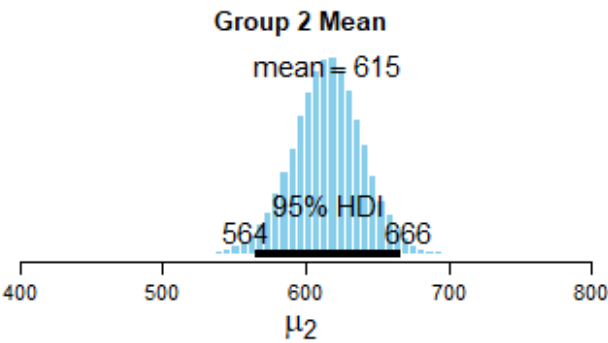
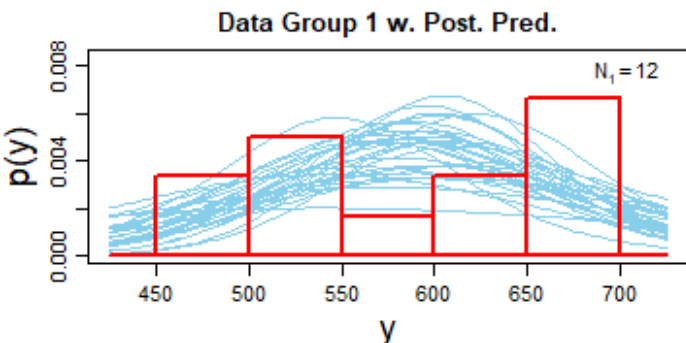
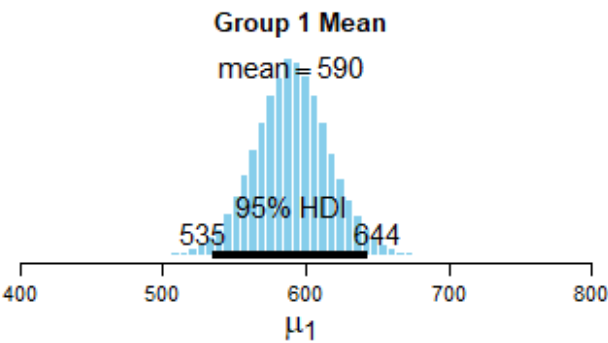
Group 1 = Test day 14
Group 2: Test day 21

Number of Leg press



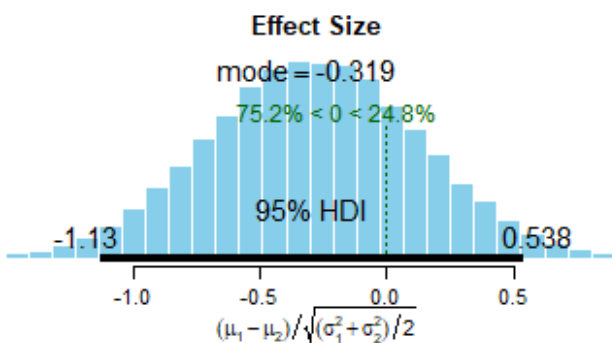
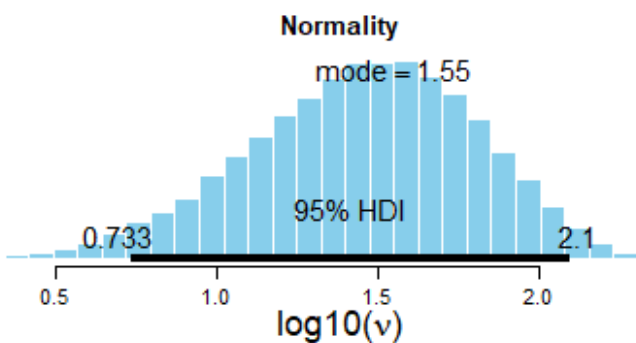
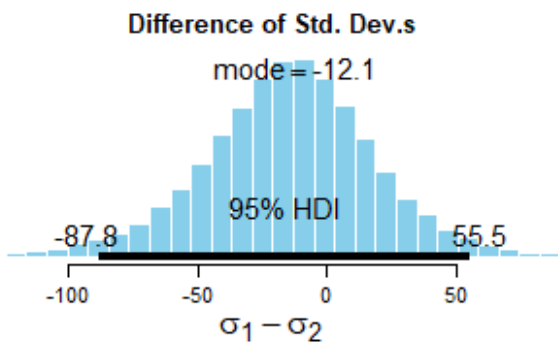
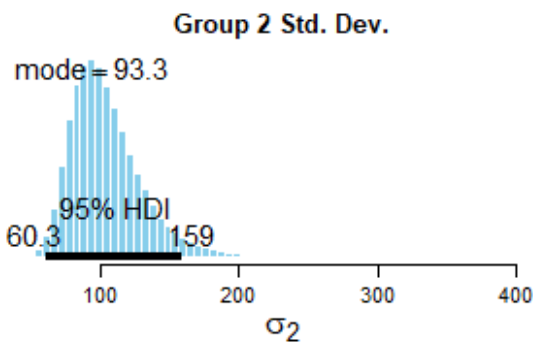
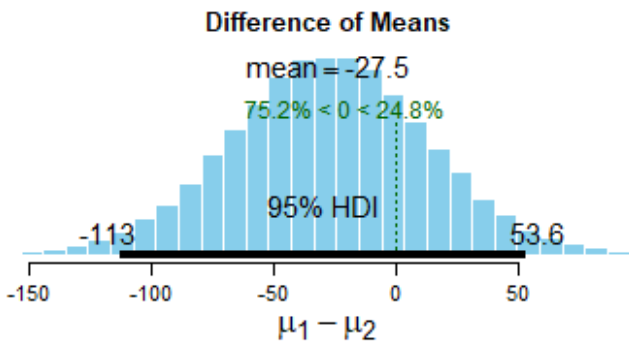
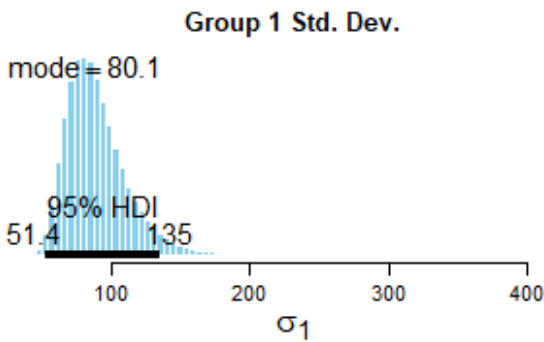
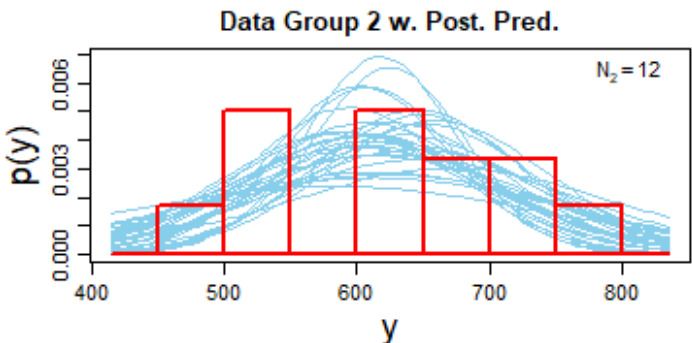
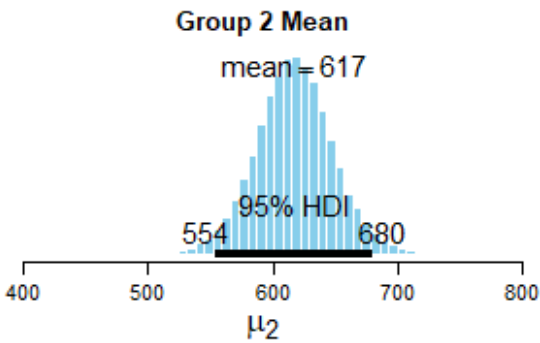
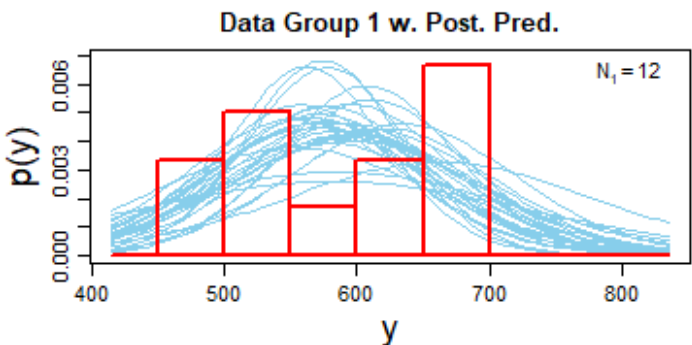
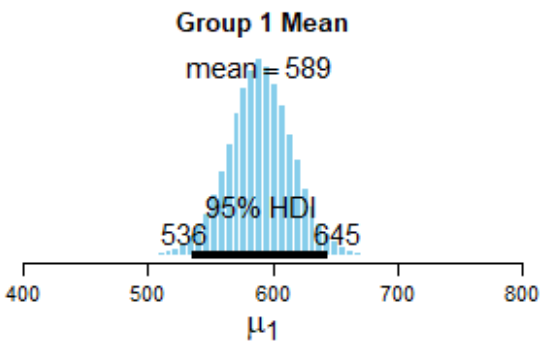
Group 1 = Test day 8
Group 2: Test day 21

Time 1600 m in seconds



Group 1 = Test day 8
Group 2: Test day 14

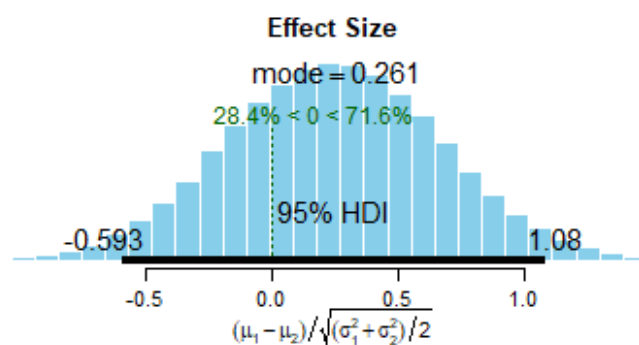
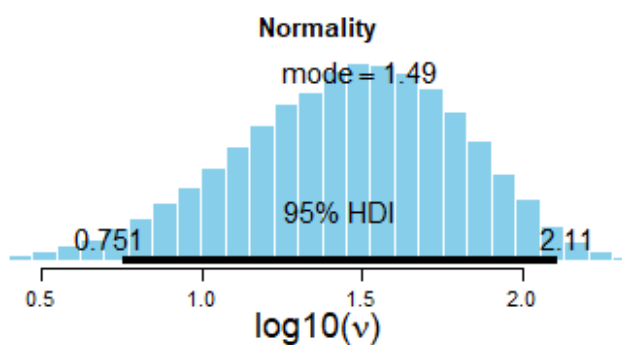
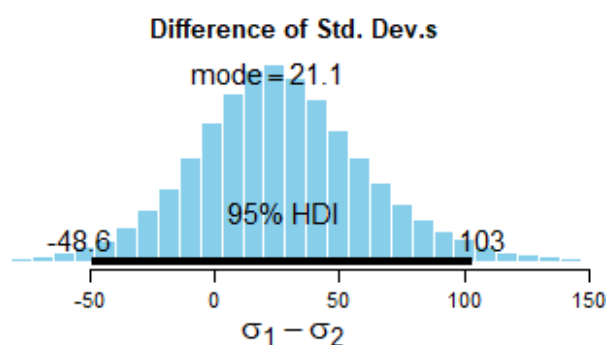
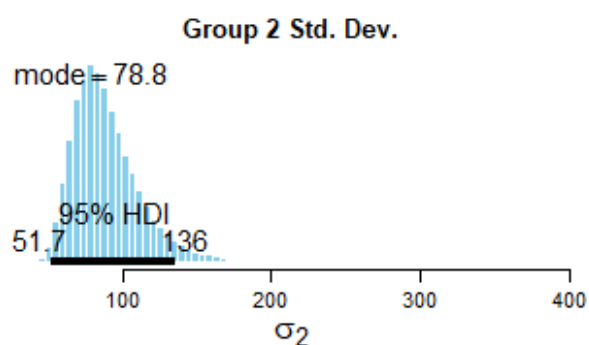
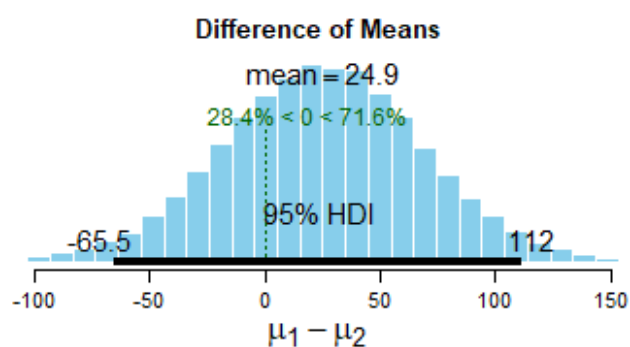
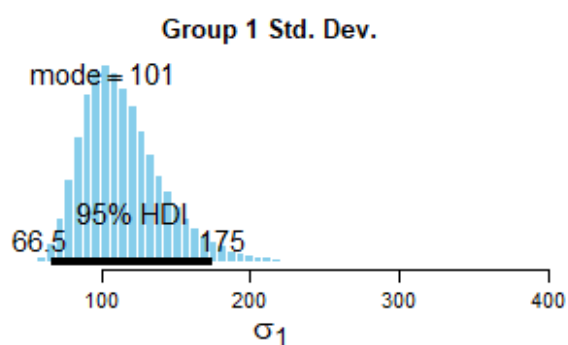
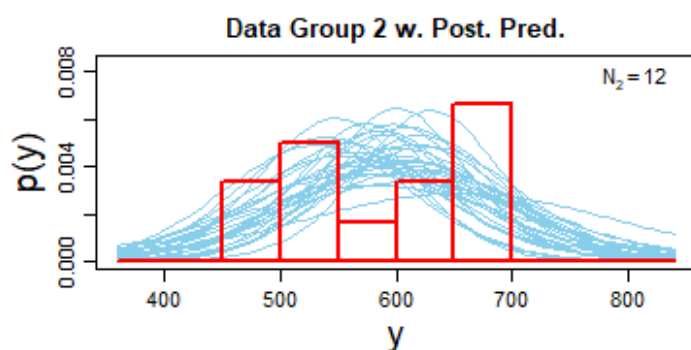
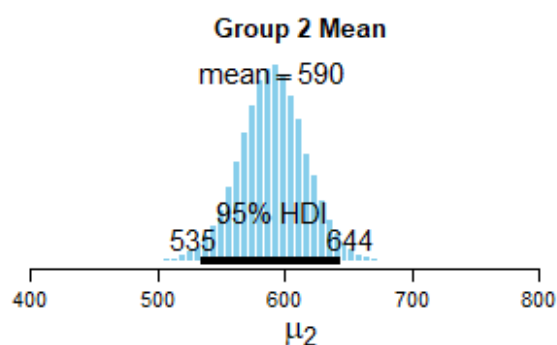
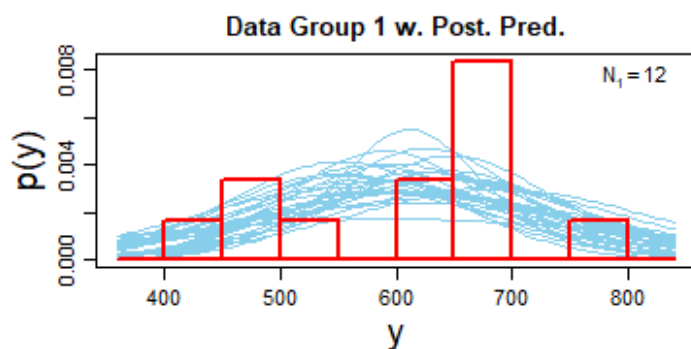
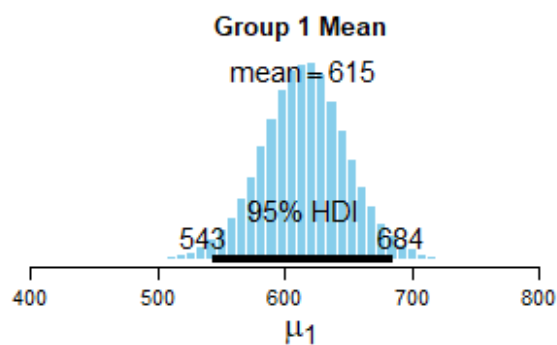
Time 1600 m in seconds



Group 1 = Test day 2

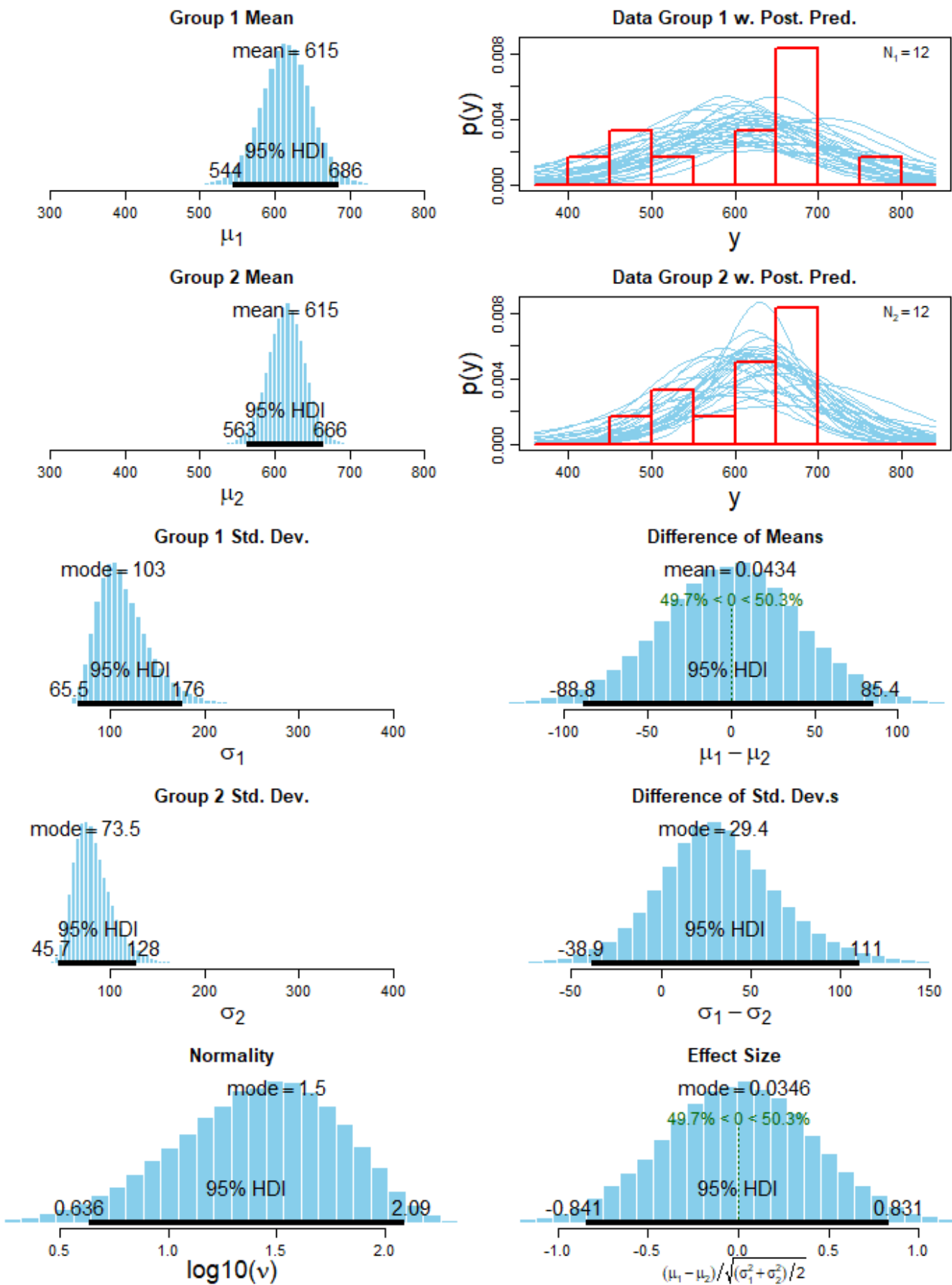
Group 2: Test day 8

Time 1600 m in seconds



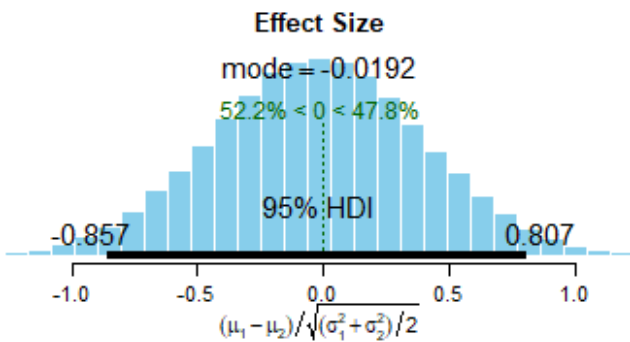
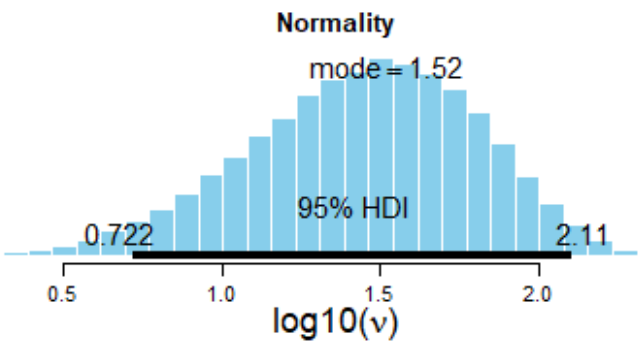
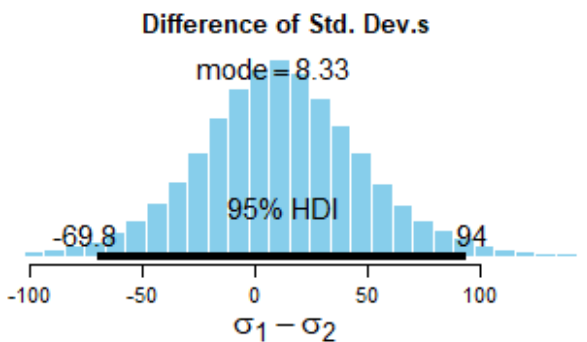
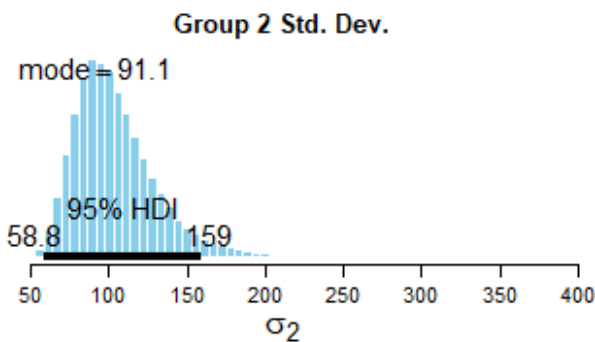
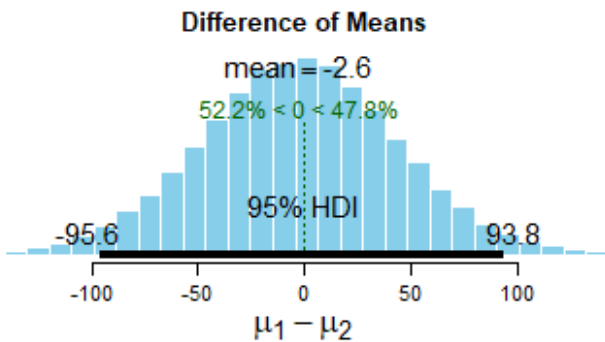
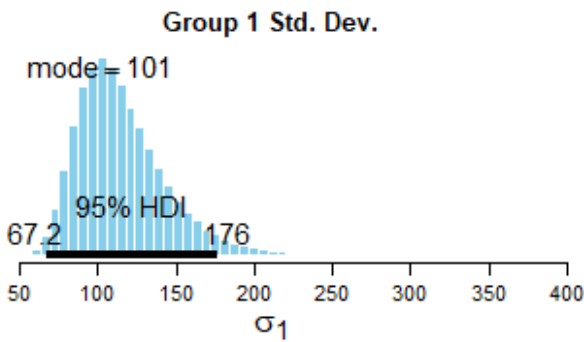
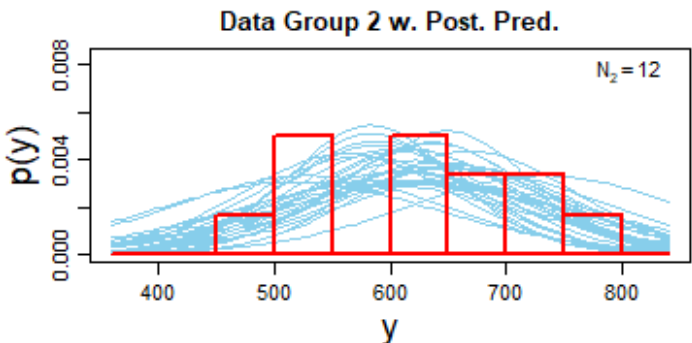
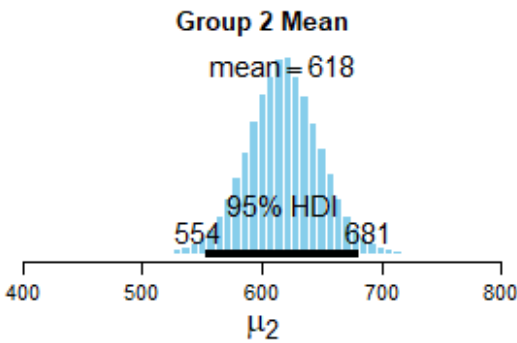
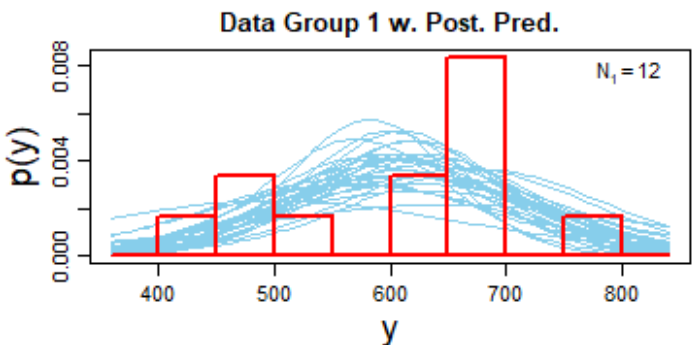
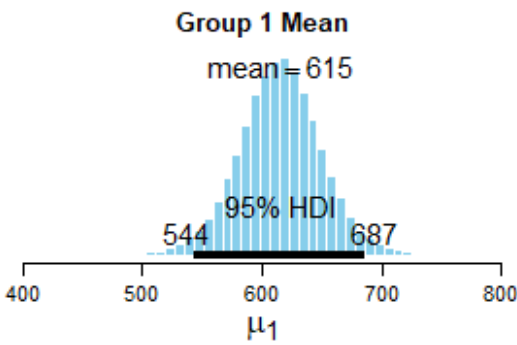
Group 1 = Test day 2
Group 2: Test day 21

Time 1600 m in seconds



Group 1 = Test day 2
Group 2: Test day 14

Time 1600 m in seconds



Group 1 = Test day 14
Group 2: Test day 21

Time 1600 m in seconds

