

Research Participants Needed!

Purpose: To investigate sex differences in the response to damaging exercise.

Requires that you are:

- Between the ages of **18-30**
- **Male or female**
- Healthy, non-smoker
- Recreationally active individual (≤ 3 scheduled workouts per week)

Will Undergo:

- One exercise session (~1.5h)
- Muscle biopsies and blood draws

****Will be compensated for time during participation****

**If interested, please contact
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