

Call For Participants



Varying recovery strategies
following muscle damaging
exercise

3 day(s) to complete

Body fat % and/or VO2 Max
testing

Experiment

Waldegrave Rd, Twickenham TW
4SX, UK

St Mary's University

The purpose of this research is to assess
the recovery benefits of varying strategies
following exercise.

Find out more online

Poster printed on 08/05/2024 Study expires on 18/08/2017

More info
by scanning the QR code
or visiting the URL

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