

# Call For Participants



Home vs facility-based  
resistance training

4 week(s) to complete

Sincere Gratitude

Experiment

Hull, UK

University of Hull

The Department of Sport, Health, and Exercise Science at the University of Hull are seeking adults aged 50 or over to participate in this study. If you choose to get involved, you will receive either: A) free 1-on-1 personal training, or B) a home-exercise package so you can exercise at your own convenience at home. The exercise program consists of three 30 minute sessions per week, for 4 weeks.

Find out more online

Poster printed on 08/05/2024

Study expires on 01/05/2017

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/CXB5M3](http://www.cfp.cc/CXB5M3)

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3

cfp.cc/CXB5M3