

Call For Participants



Standardising bouts of
exercise training for use in a
clinical population

7 week(s) to complete

Sincere Gratitude

Experiment

Birmingham B15 2SA, UK

University of Birmingham

The purpose of this study is to standardise exercise training sessions over a range of different activities. Each time someone undertakes a session of exercise they expend energy (usually measured in calories) and the body responds. We are aiming to create a set of sessions that all equate to the same amount of work achieved, based on your exercising heart rate, and the calories you burn during exercise. This will allow us, in the future, to 'prescribe' exercise sessions to a clinical group....

Find out more online

Poster printed on 19/05/2024 Study expires on 31/07/2017

More info

by scanning the QR code
or visiting the URL

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