



University of
New Hampshire

RESEARCH STUDY

On leg strength and fatigue in

older and younger adults

Male and female volunteers needed for 3 visits to the Robert Kertzer Exercise Physiology Laboratory.

- Each visit lasts approximately 2 hours. Visits will be separated by 5-7 days.
- Participants will perform knee extension exercise protocols.
- Participants must be
 - 18-30 years old or 65+ years old
 - Healthy and not currently participating in a weight training program.
 - Not have cardiovascular disease, orthopedic limitations or injuries of the hip or knee.



Benefits to Participating

- Your participation will help us enhance existing exercise protocols.
- You will get information about your current body composition and muscle strength.
- We can provide you with recommendations for increasing your strength.

\$60

**Compensation upon
completion of the study**



Contact: Brittany Royer

Undergraduate Student

Department of Kinesiology

(802)-673-5051

btr1002@wildcats.unh.edu