



Exercise, Metabolism Research Group
Department of Kinesiology
Faculty of Science

EXERCISE RESEARCH STUDY MEN AND WOMEN WANTED!

You may be eligible to participate in a research study comparing two types of cycling exercise workouts.

Eligibility:

- Male or female between the ages of 18-35 years
- Habitually active (participating in structured exercise 2-3 times per week)

You will undergo:

- A fitness and body composition assessment
- 2 exercise trials: one of each cycling workout including muscle biopsies and blood sampling



Total time commitment for the study is ~7 hours and you will receive \$200.00 for your participation

If interested, please contact Lauren Skelly @ skellye@mcmaster.ca

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