

**We are conducting a  
research study you may be  
eligible for!**



**MACQUARIE**  
University  
SYDNEY · AUSTRALIA

## **Sex-specific adaptive responses to load-carriage specific training programs**

**If you are:**

- A healthy **female 18-30** years old
- Have a current body mass **≥55 kg**
- Able to perform up to 70 sit-ups and 21 pushups in 2 min each
- Have a maximal oxygen uptake of **≥45 mL·kg<sup>-1</sup>·min<sup>-1</sup>** (level 7.5 beep test)

***Then you qualify to participate!***

**The requirements of the study include:**

- Participating in a 10-week physical training intervention (3 x 1 hr sessions p/week, up to 2 x unsupervised sessions p/week)
- Partake in 2 laboratory data collection sessions whilst walking with load

**Benefits to you include:**

- Personal training three times per week
- Personalised report detailing overall performance improvements

**\*Volunteers will be screened for eligibility before participating\***

If you are interested or would like some further information, please contact;

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**Load-Carriage study**

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