Volunteers needed for Research Study

We are conducting research on a new method that may enhance recovery from strenuous exercise through short intervals of blood flow restriction (BFR).

Seeking:
- Healthy, non-smoking males aged 18 to 30 years.
- Must be participating in resistance exercise at least two times a week for the last 2 months.

You will be asked to:
1) Complete several health-related questionnaires.
2) Complete two pairs of testing days (four days total) at least one week apart, involving muscular strength tests, plyometric exercise, and BFR.

Participants will receive payment of $80.00 upon completion of all study testing!

This research is conducted under the direction of Dr. Kyle Hackney, Department of Health, Nutrition and Exercise Sciences. Support for this project was provided by the NSCA Foundation and has been reviewed and approved by the NDSU Institutional Review.

If interested, please contact Thomas Lillquist at thomas.lillquist@ndsu.edu or 651-226-0657.