WHO: Young (18-50 years old), healthy men

WHAT: Researchers in the Department of Human Health and Nutritional Sciences are investigating a non-invasive exercise performance enhancing procedure called ischemic preconditioning. The investigation will assess how ischemic preconditioning affects your blood pressure and nervous system to see if these effects are related to its ability to enhance your handgrip endurance capacity.

TIME COMMITMENT: 6 weeks (19 hours)
- Introductory visit (1 hour)
- Testing Visits (3 hour x 2 – done at the beginning and end of study)
- Training Visits (1 hour 3x/week for 4 weeks)

BENEFITS:
- Improve your exercise performance

COMPENSATION: Monetary

If you are interested, please contact Anthony Incognito (416-918-6351) (aincogni@uoguelph.ca)

This study has been approved by the University of Guelph Human Research Ethics Board (REB#: 14DC020)