



Want to get Paid to Workout?

Recreationally Active Men Needed for a **Anti-Gravity Treadmill** and **Cycling** Study

Researchers in the Exercise & Sport Nutrition Lab at Baylor University are recruiting 15 healthy aerobically trained **males** between the ages of 18-30 to participate in a study designed to evaluate the effects of three different recovery methods (G-trainer anti-gravity treadmill, Computrainer bicycle ergometer, and stretching). Aerobically trained individuals are defined as those that have been training a minimum of one year for an average of 5 hours/week of aerobic exercise (i.e., running, cycling and/or swimming). Subjects will be required to perform an exhaustive bout of exercise on a bicycle on three separate occasions. Following each occasion, subjects will perform a recovery bout on either the treadmill, bicycle, or through stretching. Each testing session will be two weeks apart. Eligible subjects will receive **\$75** for completing the study and free VO_2 max, power max, lactate threshold, and heart rate max testing.

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