**Table 1: Experimental Group Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Participants | Age | Weight | Squats | Bench | Pull-Ups |
| #1 | 29 | 170 (85) | 32 (51) 59%  | 36 (54)50% | 17 (18)5% |
| #2 | 27 | 200 (100) | 27 (31)14% | 25 (29)16% | 3 (4)33% |
| #3 | 36 | 190 (95) | 39 (41)5% | 46 (57)23% | 7 (11)57% |
| #4 | 23 | 200 (100) | 26 (35)34% | 45 (58)28% | 23 (24)4% |
| #5 | 18 | 170 (85) | 32 (33)3% | 35 (38)8% | 12 (13)8% |
| #6  | 30 | 217 (108) | 56 (117)108% | 66 (92)39% | 12 (14)16% |
| #7 | 44 | 208 (104) | 30 (42)40% | 38 (49)28% | 3 (6)100% |
|  |  |  |  |  |  |
| Average: | 29 | 193 (96) | 25% | 23% | 20% |

The numbers in parentheses () reflect the following values:

* **Weight**: ½ of participant’s body weight. This was to be used for the amount of weight the participant would lift in each exercise (minus pull-ups).
* **Squats**: number of repetitions completed on day three when lifting ½ of body weight. The first number in column is number of repetitions completed at baseline.
* **Bench**: number of repetitions completed on day three when lifting ½ of body weight. The first number in column is number of repetitions completed at baseline.
* **Pull-Ups**: number of repetitions on day three. The first number in column is number of repetitions completed at baseline.

**Discussion:**

* All participants had an increase in repetitions when compared to baseline in all three exercises. The % increase can be seen as noted by the  symbol.
* All repetitions noted in **orange** mark outliers and scores will not be used for statistical analysis.
* The average age was 29 with an average weight 193lb (96lb adjusted).