

**The effect of specific bioactive collagen peptides on function and muscle remodeling during human resistance training**

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**Supplementary material 1.** Sets, load and repetitions performed by all participants across the 15 wk intervention period.

<b>Week</b>	<b>Knee Extension</b> (sets x load and repetitions)	<b>Knee Flexion and Leg Press</b> (sets x load and repetitions)
1	2 x 12RM	2 x 12RM
2	3 x 12RM	2 x 12RM
3	3 x 10RM	3 x 10RM
4	4 x 10RM	3 x 10RM
5	4 x 8RM	3 x 8RM
6	4 x 6RM	3 x 6RM
7	4 x 12RM	4 x 12RM
8	4 x 10RM	4 x 10RM
9	4 x 8RM	4 x 8RM
10	4 x 6RM	4 x 6RM
11	4 x 12RM	4 x 12RM
12	4 x 10RM	4 x 10RM
13	4 x 8RM	4 x 8RM
14	4 x 8RM	4 x 8RM
15	4 x 6RM	4 x 6RM

RM, repetition-maximum