

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

BALSHAW, Thomas G., FUNNELL, Mark P., MCDERMOTT, Emmet, MADEN-WILKINSON, Tom <<http://orcid.org/0000-0002-6191-045X>>, ABELA, Sean, QUTEISHAT, Btool, EDSEY, Max, JAMES, Lewis J. and FOLLAND, Jonathan P.

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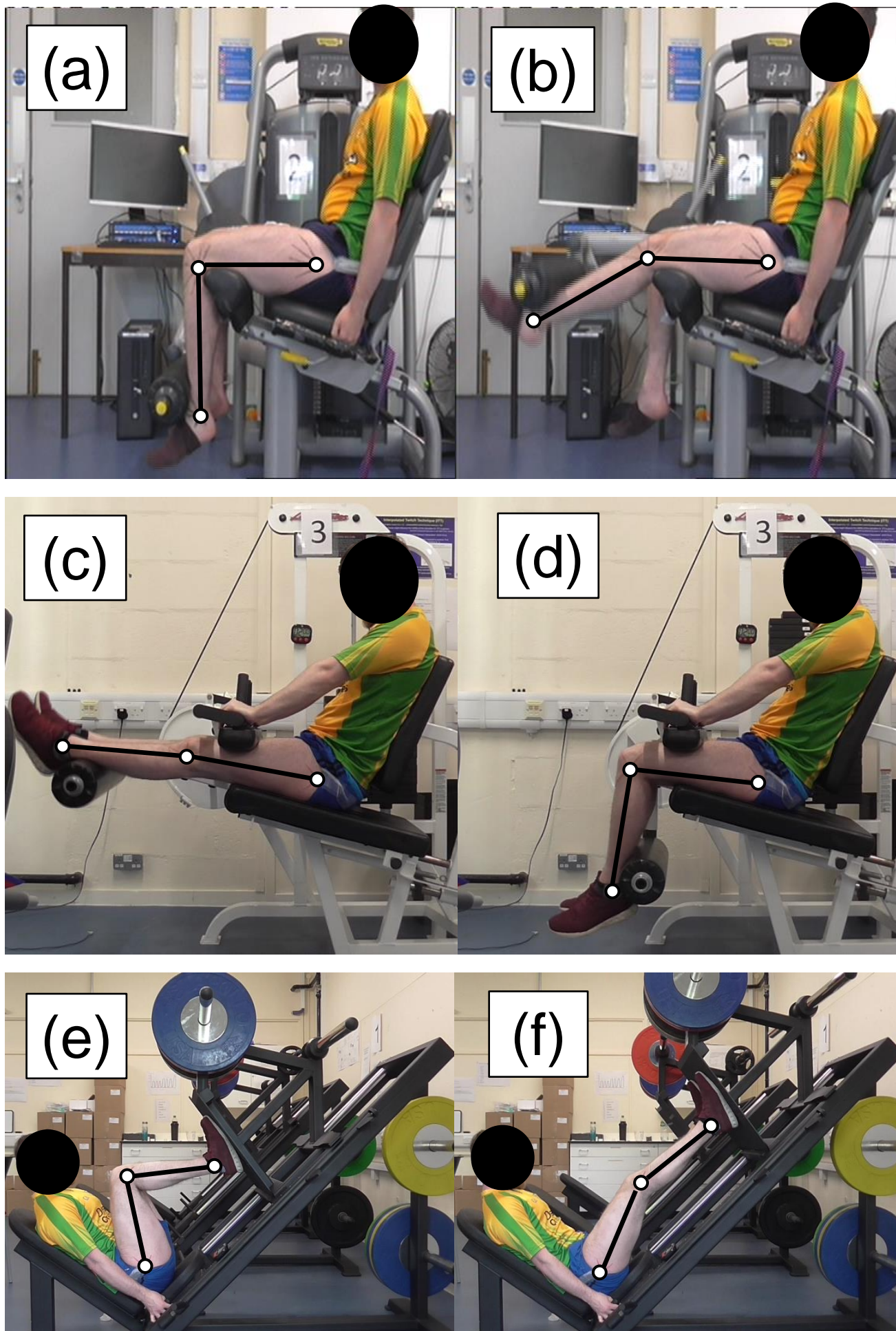
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Supplementary material 2. Unilateral knee extension (a, b), bilateral knee flexion (c, d), and bilateral leg press (e, f) training exercises. The images in the left column display the knee joint angle at the start of the concentric phase of each exercise, whereas the images in the right column display the knee joint angle at the end of the concentric phase of each exercise.