**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).