**Table 4: Statistical Analysis**

A student t-test (2-tailed) was performed 4 times. The first 3 were performed individually on each separate exercise and the final included all measures together. The % increase was used as a comparison. The statistical analysis was performed without the outlier for each individual exercise for the intervention group. All half-numbers were rounded down. Equal variances were assumed due to the similarities between groups.

Squats:

|  |  |
| --- | --- |
| **Type** | **Sig. (2-tailed)** |
| Equal Variances Assumed | 0.0175 |
| Equal Variances Not Assumed | 0.0232 |

t = P < 0.05, thus the data was concluded statistically significant with equal variances assumed. The participants that took DNA had a significantly increase in strength during the squat exercise when compared to the placebo group.

Bench:

|  |  |
| --- | --- |
| **Type** | **Sig. (2-tailed)** |
| Equal Variances Assumed | 0.0326 |
| Equal Variances Not Assumed | 0.0332 |

t = P < 0.05, thus the data was concluded statistically significant with equal variances assumed. The participants that took DNA had a significantly increase strength during the bench exercise when compared to the placebo group.

Pull-ups:

|  |  |
| --- | --- |
| **Type** | **Sig. (2-tailed)** |
| Equal Variances Assumed | 0.042 |
| Equal Variances Not Assumed | 0.054 |

t = P < 0.05, thus the data was concluded statistically significant with equal variances assumed. The participants that took DNA had a significantly increase in strength during the pull-up exercise when compared to the placebo group.

Average Exercises:

|  |  |
| --- | --- |
| **Type** | **Sig. (2-tailed)** |
| Equal Variances Assumed | 0.001 |
| Equal Variances Not Assumed | 0.004 |

t = P < 0.05, thus the data was concluded statistically significant with equal variances assumed. The participants that took DNA had a significantly increase strength during all three exercises when compared to the placebo group.

**Descriptive Analysis:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group** | **Squats (Average)** | **Bench (Average)** | **Pull-Ups (Average)** |
| Placebo | 3% | 6% | 0% |
| DNA w/o outliers | 25% | 23% | 20% |
| DNA + outliers | 37% | 27% | 31% |