



RESEARCH VOLUNTEERS WANTED

Applied Exercise Research group, School of Exercise and Nutrition Sciences,
Deakin University, Melbourne Campus at Burwood:

EFFECT OF COMPRESSION GARMENTS ON HIGH-INTENSITY EXERCISE PERFORMANCE AND RECOVERY

RESEARCH OBJECTIVES

This research study will form part of the ongoing investigations conducted by the Applied Exercise Research group to examine the effect of compression garments on high-intensity exercise performance and recovery

TESTING SCHEDULE

Volunteers will attend the exercise performance laboratory (Burwood):

- On 5 occasions lasting approx 90 minutes each
 - *Session one:*
garment fitting and familiarisation
 - *Session two:*
full aerobic fitness assessment ($\dot{V}O_{2\max}$)
 - *Final 3 sessions:*
tests of performance and recovery

PARTICIPANT ATTRIBUTES

Volunteers should be:

- males between 18 and 40 years old.
- preferably an active runner with a background in athletics, soccer, football etc.
- actively involved in exercise training or competition on at least 3 days per week
- available to complete a series of exercise testing sessions during Feb/Mar.

REMUNERATION

All volunteers that participate satisfactorily until completion of the study will receive a pair of New Balance shoes from the range valued at \$200 from the research sponsors.

FOR FURTHER INFORMATION

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