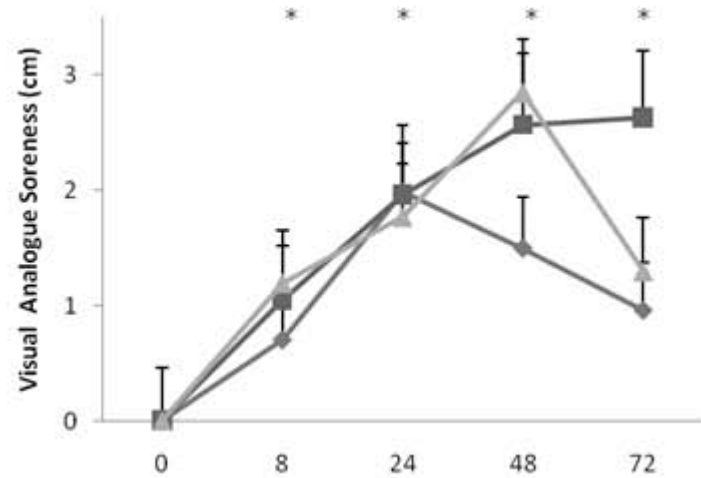


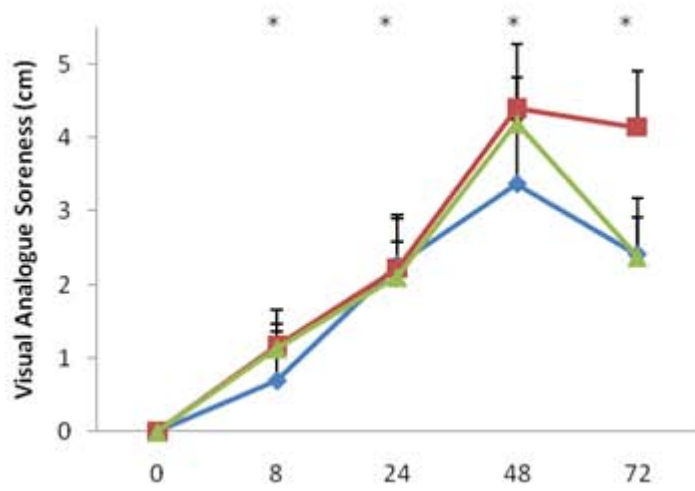
Quadriceps



◆ HMB-Pre
 ■ HMB-Post
 ▲ Placebo

Time (hours)

Hamstrings



Visual Analogue Soreness (cm)