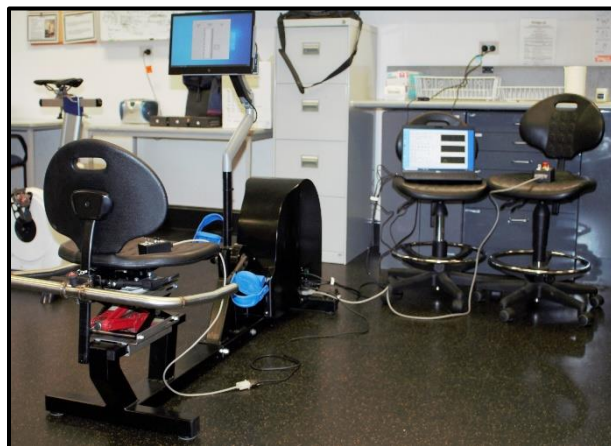


## **Participants Needed for School of Medicine**

**Study Title:** “Can cycling backwards against a resistance improve older sedentary adults to move forward? A paradigm of combining aerobic fitness and muscle strength.”

**🚲** Researchers from the School of Medicine are conducting a study that will explore the training adaptations to interval training with resistive backwards cycling in older adults.



**🚲** **Who can be involved?**

- Healthy males and females aged  $\geq 60$  years
- No participation in high intensity aerobic exercise or resistance training in the last 6 months

**🚲** **What will be involved?**

- 12 week study (total of 26 visits)
  - 10 week novel cycling training protocol (up to 1h per exercise session)
  - You will cycle on a recumbent bike (in the reverse direction)
- Health assessments throughout study
  - markers of cardiovascular and musculoskeletal health.

**🚲** **Are there any benefits?**

Yes. You will take part in a new form of fitness involving resistance cycling, using a university built bike. You will gain insight into some parts of your overall health including your fitness, body and muscle shape.

**🚲** **Who should you contact?**

You can be provided with a detailed Participant Information Sheet by contacting:

- PhD student: Amelia Harrison
  - [ajh976@uowmail.edu.au](mailto:ajh976@uowmail.edu.au)
- Primary supervisor: Dr. Greg Peoples
  - [peoples@uow.edu.au](mailto:peoples@uow.edu.au)