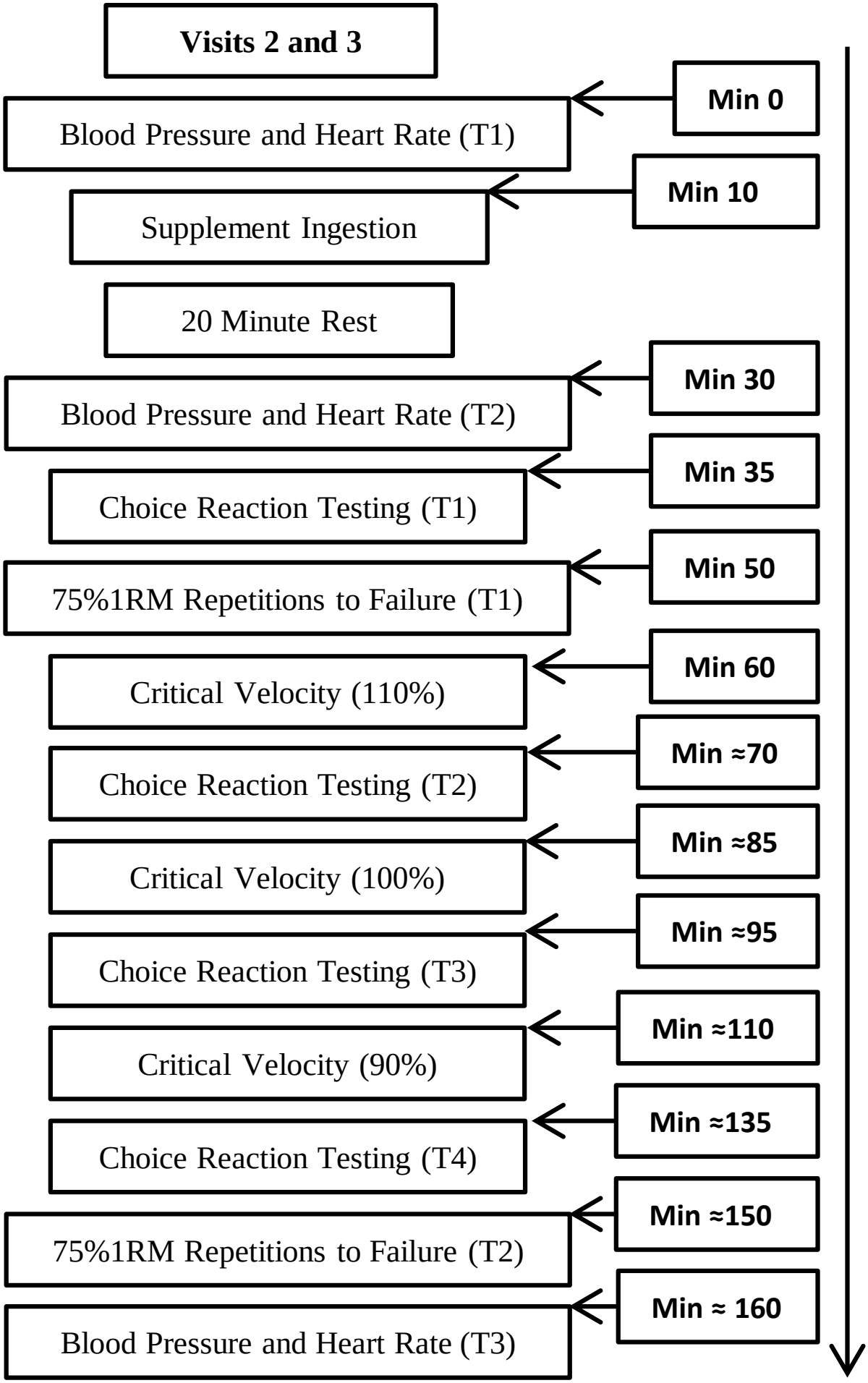
Visits 2 and 3
Blood Pressure and Heart Rate (T1)
Min 0
Supplement Ingestion
Min 10
20 Minute Rest
Blood Pressure and Heart Rate (T2)
Min 30
Choice Reaction Testing (T1)
Min 35
75%1RM Repetitions to Failure (T1)
Min 50
Critical Velocity (110%)
Min 60
Choice Reaction Testing (T2)
Min ≈70
Critical Velocity (100%)
Min ≈85
Choice Reaction Testing (T3)
Min ≈95
Critical Velocity (90%)
Min ≈110
Choice Reaction Testing (T4)
Min ≈135
75%1RM Repetitions to Failure (T2)
Min ≈150
Blood Pressure and Heart Rate (T3)
Min ≈ 160