



Study participants wanted!

Effect of mental stress on hormonal response after strength exercises.

We are looking for subjects with the following characteristics:

- Athletes and sports enthusiasts
- With strength training experience
- Healthy
- 18 to 40 years old
- Female subjects do not use hormonal contraceptives

We investigate hormonal responses to strength training under mental stress.

Sign up to get a comprehensive analysis of your **hormonal response** during before and after strength training.

You'll also learn your **squat** and **bench press** performance through **strength-velocity testing**. This technology will give you an advantage in future training management.

Sign up for our study now and benefit from a better understanding of load, recovery and training management!

Time commitment:

3 appointments within approx. 2 weeks

The appointments last 1 - 2 hours

**In the laboratory of the Subunit of Training Science,
Institute of Sport Science and University Sport at
Schmelz 6.
1150 Vienna**

For detailed information on how to participate, please contact:

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