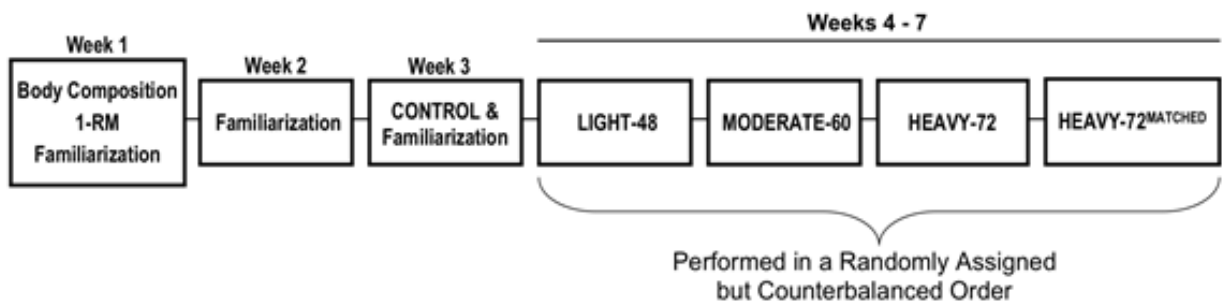


A. Study Timeline:



B. Study Design:

	LIGHT 48	MODERATE 60	HEAVY 72	HEAVY 72 ^{MATCHED}
Warm-Up Set(s)	4 x 30% of 1-RM	4 x 30% of 1-RM	4 x 30% of 1-RM 2 x 60% of 1-RM	4 x 30% of 1-RM
Load	48% of 1-RM	60% of 1-RM	72% of 1-RM	72% of 1-RM
Repetitions	10	8	5	6.5
Sets	4	4	5	4
Rest Interval	90s	90s	90s	90s

C. Experimental Protocol:

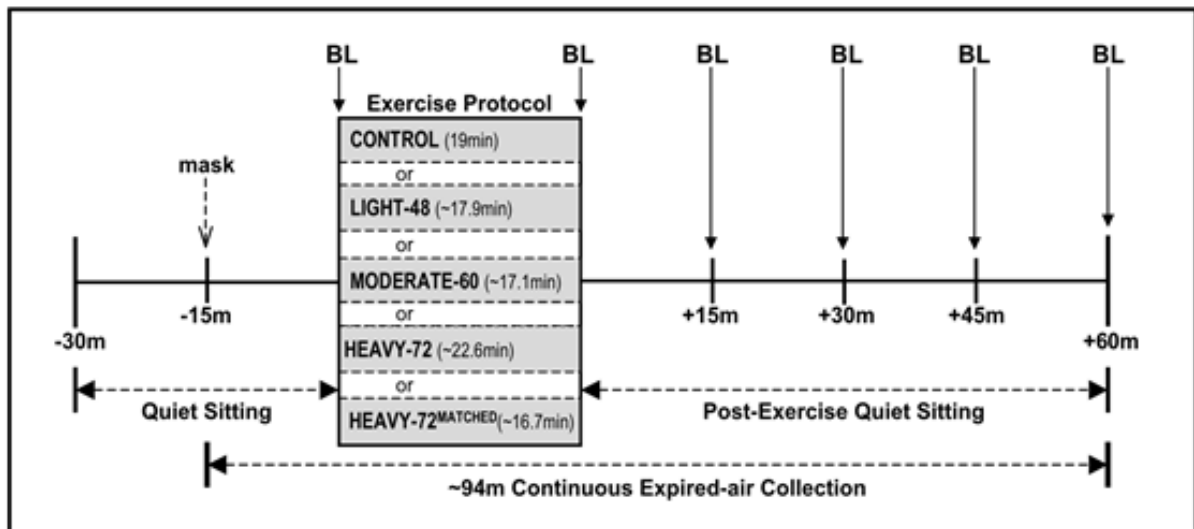


Figure 1. Study timeline (A), study design (B), and experimental protocol (C) used to compare the effects of 48% (LIGHT-48), 60% (MODERATE-60), 72% (HEAVY-72), and 72% of 1-RM with matched kg/set (HEAVY-72^{MATCHED}) on energy expenditure during and after maximally explosive resistance exercise.

1-RM = heaviest load that can be lifted one time; CONTROL = control (no-exercise) protocol consisting of quiet sitting; 4 x 30% of 1-RM = one set of four repetitions using 30% of max strength; 2 x 60% of 1-RM = one set of two repetitions using 60% of max strength; BL = finger prick sample for blood lactate