**MoTrPAC Protocol Timeline**

**CONSENT VISIT**

**CPET**

**Strength Test**

**2 WEEKS**

**Randomize during this time**

**Baseline Testing**

**(See Testing Diagram)**

**Post-Intervention Testing**

**(See Testing Diagram)**

**12 WEEKS of supervised exercise**

**CPET**

**Strength Test**

**Bx/Acute Exercise/Bx Only**

**2 WEEKS**

**Detraining Period**

* **Strength testing** – Will we do both an isokinetic machine strength test and 1RM tests on all pieces of RT equipment in preparation for the acute bout visit? Do we plan to reset the 1RM at the end of the exercise program or simply use their recent exercise session as a model for the RT during the final acute visit?