Stephen P. Bird · Kyle M. Tarpenning
Frank E. Marino

Independent and combined effects of liquid carbohydrate/essential amino acid ingestion on hormonal and muscular adaptations following resistance training in untrained men

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In Table 1, the variables should be glucose (mmol/l), insulin (μ U/ml) and cortisol (nmol/l). Data pertaining to testosterone and growth hormone should be disregarded.

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S. P. Bird (✉) · K. M. Tarpenning · F. E. Marino
School of Human Movement Studies, Charles Sturt University,
Allen House 2.13, Bathurst, NSW, Australia
E-mail: sbird@csu.edu.au
Tel.: +612-6338-4155
Fax: +612-6338-4065