**Table 2: Placebo Group Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Participants | Age | Weight | Squat | Bench | Pull-Ups |
| #8 | 27 | 170 (85) | 43 (32)  25% | 44 (41)  6% | 8 (7)  12% |
| #9 | 27 | 190 (95) | 17 (17)  0% | 34 (36)  5% | 5 (5)  0% |
| #10 | 34 | 218 (107 | 29 (27)  6% | 22 (29)  31% | 7 (7)  0% |
| #11 | 27 | 190 (95) | 38 (40)  5% | 45 (47)  4% | 6 (6)  0% |
| #12 | 27 | 170 (85) | 52 (53)  1% | 56 (56)  0% | 10 (11)  10% |
| #13 | 28 | 160 (80) | 33 (35)  6% | 28 (30)  7% | 8 (8)  0% |
|  |  |  |  |  |  |
| Average | 28 | 183 (92) | 3% | 6% | 0% |

The numbers in parentheses () reflect the following values:

* **Weight**: ½ of participant’s body weight. This was to be used for the amount of weight the participant would lift in each exercise (minus pull-ups).
* **Squats**: number of repetitions completed on day three when lifting ½ of body weight. The first number in column is number of repetitions completed at baseline.
* **Bench**: number of repetitions completed on day three when lifting ½ of body weight. The first number in column is number of repetitions completed at baseline.
* **Pull-Ups**: number of repetitions on day three. The first number in column is number of repetitions completed at baseline.

**Discussion:**

* From 18 exercises, 8 showed a % increase while 4 showed a % decrease and 6 showed no changes when both sessions were compared. The % increase or decrease can be seen as denoted by  or  symbol respectively.
* The average age was 28 with an average weight 183lb (82lb adjusted).