

	Pre	Post	P
PHYSICAL			
Age (y)	23±2	–	
Ht (m)	1.80±0.11	–	
BW (kg)	80.9±3.6	83.4±2.9	<0.001
BF (kg)	14.8±1.9	14.2±2.1	0.023
LBM (kg)	63.1±2.1	66.2±2.2	0.006
DIETARY INTAKE			
Energy (kJ/kg/d)	158±15	160±17	0.026
Protein (g/kg/d)	1.3±0.2	1.6±0.3	0.021
Carbohydrate (g/kg/d)	4.9±0.4	4.7±0.6	0.35
Fat (g/kg/d)	1.3±0.1	1.2±0.1	0.42
STRENGTH (1RM)			
Leg Press (kg)	203±14	395±21	<0.001
Knee Extension (kg)	127±14	200±12	<0.001
Hamstring Curl (kg)	73±4	111±6	<0.001
Flat Bench Press (kg)	59±5	92±9	<0.001
Military Press (kg)	43±4	75±6	<0.001
Wide Grip Pulldown (kg)	59±6	94±8	<0.001

Reference List

Hartman JW, Tang JE, Wilkinson SB, Tarnopolsky MA, Lawrence RL, Fullerton AV, & Phillips SM (2007). Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters. *Am J Clin Nutr* **86**, 373-381.