

Table 1 - Participant characteristics

Group	Age (years)	Stature (cm)	Mass (kg)
CON	22.7 ± 3.9	178.3 ± 5.8	86.2 ± 15.4
ECC	23.7 ± 4.8	181.3 ± 6.9	83.8 ± 14.6