

# Cyclists Wanted!

**AIS Performance Recovery are seeking male cyclists for a study examining the effect of body composition on the relationship between physiological responses to post-exercise cold water immersion and performance**



## Who we are recruiting?

- Healthy males aged 18 - 45 years
- No history of cardiovascular events or vascular disease and currently injury/illness free
- Non-smokers
- Have a Cycling Peak Power Output of  $\geq 300$  watts
- Have a body fat percentage of  $\leq 12\%$  or  $\geq 18\%$  (we will test this for you)

## Benefits of participation

- A FREE comprehensive body composition assessment (DXA & 3D body scans plus skinfold measurements)
- A FREE VO2max test
- Access to experts in the fields of recovery and sports science to provide you with valuable information on training and recovery

**For more information or to express your interest please contact Jessica Stephens (PhD Scholar, AIS Recovery) on 0400 411 327 or [jess.stephens@ausport.gov.au](mailto:jess.stephens@ausport.gov.au)**

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