

Participant #	Baseline averages	Placebo averages	% Change	Conclusion
6 (28 y/o Male)	Push-ups: 67 Dips: 73.5 Squats: 91.5 Lunges: 93	Push-ups: 69 Dips: 74 Squats: 88.5 Lunges: 90.5	Push-ups: ↑2.98% Dips: ↑0.68% Squats: ↓3.27% Lunges: ↓2.68%	<b>Placebo decreased overall athletic performance</b> <b>1.14%</b>
7 (25 y/o Male)	Push-ups: 37 Dips: 53 Squats: 68.5 Lunges: 87	Push-ups: 35.5 Dips: 54 Squats: 78 Lunges: 78	Push-ups: ↓4.05% Dips: ↑1.88% Squats: ↑13.86% Lunges: ↓10.34%	<b>Placebo increased overall athletic performance</b> <b>1.35%</b>
8 (24 y/o Female)	Push-ups: 65.5 Dips: 72 Squats: 88.5 Lunges: 63.5	Push-ups: 74.5 Dips: 87 Squats: 100.5 Lunges: 59	Push-ups: ↑13.74% Dips: ↑20.83% Squats: ↑13.55% Lunges: ↓7.08%	<b>Placebo increased overall athletic performance</b> <b>10.26%</b>
9 (21 y/o Female)	Push-ups: 56.5 Dips: 77.5 Squats: 93.5 Lunges: 73	Push-ups: 54.5 Dips: 77 Squats: 92.5 Lunges: 73.5	Push-ups: ↓3.53% Dips: ↓0.64% Squats: ↓1.06% Lunges: ↑0.68%	<b>Placebo decreased overall athletic performance</b> <b>1.13%</b>
10 (23 y/o Female)	Push-ups: 36.5 Dips: 98 Squats: 232.5 Lunges: 94	Push-ups: 30.5 Dips: 88.5 Squats: 178.5 Lunges: 93.5	Push-ups: ↓16.43% Dips: ↓9.69% Squats: ↓23.22% Lunges: ↓0.53%	<b>Placebo decreased overall athletic performance</b> <b>12.46%</b>
16 (22 y/o Male)	Push-ups: 82.5 Dips: 82.5 Squats: 89.5 Lunges: 59	Push-ups: 81.5 Dips: 102.5 Squats: 56 Lunges: 54	Push-ups: ↓1.21% Dips: ↑24.24% Squats: ↓37.43% Lunges: ↓8.47%	<b>Placebo decreased overall athletic performance</b> <b>5.71%</b>

<b>17</b> <b>(27 y/o Male)</b>	Push-ups: 41.5 Dips: 36.5 Squats: 92.5 Lunges: 80	Push-ups: 46.5 Dips: 39 Squats: 94.5 Lunges: 78.5	Push-ups: ↑12.04% Dips: ↑6.84% Squats: ↑2.16% Lunges: ↓1.87%	<b>Placebo</b> <b>increased overall</b> <b>athletic</b> <b>performance</b> <b>4.79%</b>
<b>18</b> <b>(22 y/o Female)</b>	Push-ups: 64.5 Dips: 53.5 Squats: 132.5 Lunges: 104	Push-ups: 61.5 Dips: 54.5 Squats: 134 Lunges: 102	Push-ups: ↓4.65% Dips: ↑1.86% Squats: ↑ 1.13% Lunges: ↓1.92%	<b>Placebo</b> <b>decreased</b> <b>overall athletic</b> <b>performance</b> <b>1.79%</b>
<b>19</b> <b>(24 y/o Female)</b>	Push-ups: 14 Dips: 22 Squats: 113.5 Lunges: 66	Push-ups: 17.5 Dips: 17.5 Squats: 112.5 Lunges: 73.5	Push-ups: ↑25% Dips: ↓20.45% Squats: ↓0.88% Lunges: ↑11.36%	<b>Placebo</b> <b>increased overall</b> <b>athletic</b> <b>performance</b> <b>3.75%</b>
<b>20</b> <b>(20 y/o Female)</b>	Push-ups: 60 Dips: 48 Squats: 121 Lunges: 112	Push-ups: 56.5 Dips: 58.5 Squats: 120.5 Lunges: 110	Push-ups: ↓5.83% Dips: ↑21.78% Squats: ↓0.43% Lunges: ↓1.78%	<b>Placebo</b> <b>increased overall</b> <b>athletic</b> <b>performance</b> <b>3.45%</b>

Table 2. Results from Placebo group including overall percent change from baseline and percent changes for each particular exercise