**Table 5: Study Design**

**13 participants enrolled**

**Simple Randomization & Informed Consent**

**7 allocated to receive DNA**

**6 allocated to receive placebo**

**Allocation**

**Day 1:**

**As many reps as possible lifting at ½ participant body weight (excluding pull-ups):**

**Bench Press, Squats, Pull-Ups**

**Baseline Measures Recorded**

**DNA: 8 capsules for three consecutive days**

**Placebo: 8 capsules for three consecutive days**

**Day 2**

**Day 3**

**Day 4**

**As many reps as possible lifting at ½ participant body weight (excluding pull-ups):**

**Bench Press, Squats, Pull-Ups**

**Day 5:**

**Measures Repeated & Recorded**

**Results**

**Analysis of Results**