

Versatility of Protocols for Resistance Training and Assessment using Static and Dynamic Ladders in Animal Models

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Materials

Name	Company	Catalog Number	Comments
Dynamic ladder	in-house production		
Elastic adhesive bandage 6 cm x 2.5 m	BSN medical	4005556	
Gator Clip Steel NON-INSUL 10A	Digikey electronics	BC60ANP	
Static ladder	in-house production		
Weights	in-house production		
Wire for holding weights	in-house production		