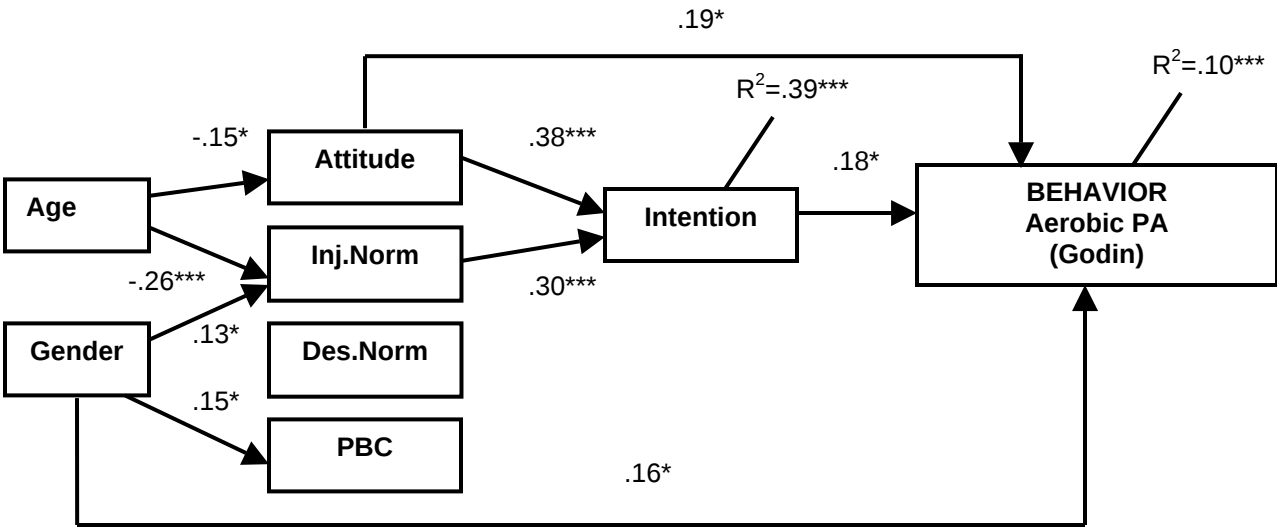
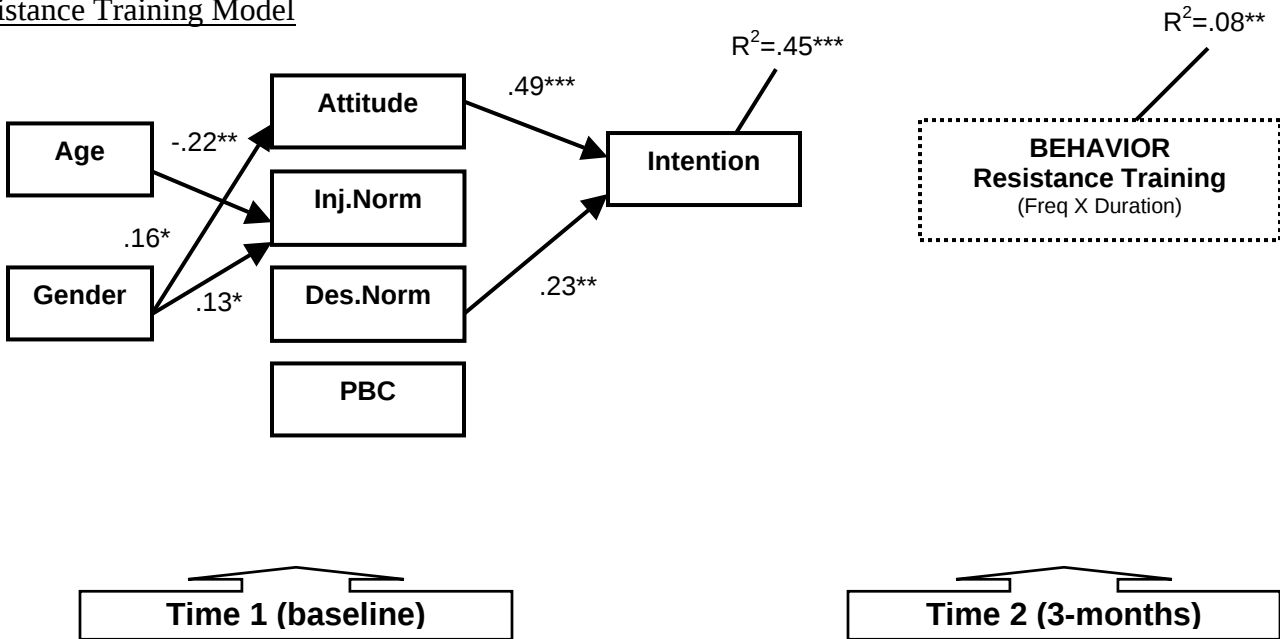


i) Aerobic PA Model



ii) Resistance Training Model



* $p < .05$
** $p < .01$
*** $p < .001$
Adjusted R^2 's are reported