Table. Subjects' characteristics

	EX *n*=12		EX+PRO *n*=12		PRO *n*=12	
Age (y)	24	± 3	23	± 3	24	± 3
Weight (kg)	75.4	± 8.1	73.0	± 5.7	77.6	± 4.3
BMI (kg·m^{-2})	22.7	± 2.0	22.1	± 1.8	21.9	± 1.3
Fat (%)	15	± 4	14	± 3	13	± 3
Lean body mass (kg)	61.2	± 6.3	59.5	± 5.5	61.9	± 4.2
Leg volume (L)	9.1	± 1.0	9.0	± 1.1	9.2	± 0.8

Values are means ± SD. EX: exercise, EX+PRO: exercise + protein, PRO: protein. BMI: body mass index. Data were analyzed with a one-way ANOVA. There were no differences between treatments. Leg volume: EX+PRO; *n*=11