CONTENTS

LIST OF ABBREVIATIONS

BR	Subject group performing bed rest only
BRE	Subject group performing bed rest and resistance exercise
Con	Concentric
CV	Coefficient of variation
Ecc	Eccentric
EMG	Electromyography
FW	Flywheel
GL	Gastrocnemius lateralis
GM	Gastrocnemius medialis
MHC	Myosin heavy chain
MRI	Magnetic resonance imaging
MVC	Maximal voluntary contraction (Isometric)
RF	Rectus femoris
RFD	Rate of force development
RMS	Root mean square
SDS-PAGE	Sodium Dodecyl Sulphate-Polyacrylamide Gel Electrophoresis
VL	Vastus lateralis
VM	Vastus medialis