

Decreased Resting Heart Rate

Increased Heart Rate

Faster recovery back to resting Heart Rate

Muscle Fatigue

Increased Breathing Rate/Depth

Muscular Hypertrophy

Increased **resting** Stroke Volume

Increased **maximum** Cardiac Output

Increased strength of diaphragm/intercostal muscles

Lactic Acid

Increased Stroke Volume

Increased Bone Density

Increased Size and Strength of the Heart – **Cardiac Hypertrophy**

Increased Oxygen Debt

Increased number of alveoli and increased capillarisation

Redistribution of blood flow

Increased strength of ligaments and tendons

Increased lung capacity/vital capacity

Increased Muscle Temperature

Increased resistance to fatigue