Figure 4

[Graph showing Serum COMP U/L over time after a training session. The x-axis represents Minutes after training session, with values ranging from Before to 360. The y-axis represents Serum COMP in % of baseline, with values ranging from 0 to 16. The graph includes multiple lines representing different participants, each marked with data points. An inset graph shows a closer view of the initial 60 minutes, focusing on Serum COMP in % of baseline, with values ranging from 60 to 120.]