Graph showing the rate of glycogenolysis (mmol/L/min) over time (min). The graph includes three lines:
- **Unloading**: represented by a solid black line.
- **Sedentary**: represented by a dashed black line.
- **Loading**: represented by a dotted black line.

The y-axis represents the rate of glycogenolysis, ranging from 0 to 0.2 mmol/L/min, and the x-axis represents time, ranging from -5 to 10 minutes.