Exercise-related Change on the Surfaces of Cortical Bone in Girls

- **Mid Humerus**
  - **Pre-Puberty**
  - **Peri-Puberty**
  - **Post-Puberty**

- **Distal Humerus**
  - **Pre-Puberty**
  - **Peri-Puberty**
  - **Post-Puberty**

Black region = bone acquisition