A. HMG Coenzyme A-Reductase
   - Increased Substrate for Repair and for enhanced Sarcolema Integrity

B. mTOR
   - Phosphorylation of p70S6K and 4EBP1
   - Increased Myofibrillar Protein Synthesis
   - Unknown Mechanism

C. Ubiquitin Pathway
   - Increased activation of 26s proteasome
   - Increased Myofibrillar Protein degradation

1. Lowered rate of repair
2. Lowered performance

1. Increase rate of repair
2. Increased performance