Resided in Research Dormitory

**Day 1-3:** BL, Usual Activity

**Day 4:** Isotope Infusion

**Day 5:** BL, Usual Activity

**Day 6:** Isotope Infusion

**Day 7-9:** EX, Usual Activity + 1000 kcal

**Day 10:** Isotope Infusion

**Day 11:** Isotope Infusion

**Day 12:** Isotope Infusion

- **DEF-MP:** Protein 0.9 g/kg; CHO - 55%, Deficit = 1000 kcal
- **BAL-MP:** Protein 0.9 g/kg; CHO - 55%, Deficit = 0 kcal
- **DEF-HP:** Protein 1.88 g/kg; CHO - 55%, Deficit = 1000 kcal