EXERCISE STRESS
- ↑Intensity/Duration
- Unaccustomed
- Eccentric

Mechanical Stress
- ↑Metabolic Stress
- ↑Structural Dmg
- ↑Metab Rate
- Mitochondria
- ROS_mito
- Change redox status
- TF’s
  - NFkB
  - MapK
  - AP-1
  - HSF-1
  - PCG-1α

Leukocyte Trafficking
- ↑immune

↑Circulation
- Anti-ox status
- Mito Biogenesis & Enzymes
- Structural

Muscle Adaptation
- Nucleus
- ↑IL6
- ↑IL8
- ↑HSPs
- NOX