







		Curves I		
	Variable	Impact of Curves		
	Weight	↓ (10 – 14 lbs)		
	Body Fat	↓ (1-3%)		
	REE	↑ (100 – 400 kc <mark>al/d)</mark>		
	Waist & Hip Circumferences	↓ (2-3")		
	Most Effective Diets	HCD for Women with Low REE High Protein		
Curves				

	Curves I			
Variable	Impact of Curves			
Maximal Aerobic Capacity	↑ (7%)			
Muscular Strength / Endurance	↑ (10 – 15%)			
Resting HR & BP	↓ (3 – 5 beats/min)			
Cholesterol	↓ (10 – 20 mg/dl)			
Leptin	↓ (20 – 24%)			
Body Image, Self-Esteem	↑ ↑			
Quality of Life				
Curves				











	Curves II
Variable	Impact of Curves
Maximal Aerobic Capacity	↑ (7%)
Maximal Strength (BP & LP)	↑ (10%)
Hip & Waist Circumference	↓ (1.5 - 2")
Resting DBP	↓ (4%)
Total Cholesterol	↓ (4% during die <mark>t)</mark>
LDL Cholesterol	↓ (3% during diet)
Triglycerides	↓ (12%)
Leptin	↓ (18% during diet; 17% overall)
Fasting Insulin	\downarrow (19% during diet; 15% overall)
Insulin Sensitivity	19% Improvement
Curves	























Biomechanical Analysis Mean 30s Force Output (% of 1 RM)							
-	Machine	20/30s	25/30s	30/30s			
	Leg Press	52	51	50			
	Hip Abd/ Add.	73	76	79			
	Dip / Shrug	60	64	74			
Curves							

Biomechanical Analysis							
Total Work (J)							
-	Machine	20/30s	25/30s	30/30s			
	Leg Press	5250	7301	9340			
	Hip Abd/ Add.	3855	5074	7298			
	Dip / Shrug	2664	3229	3495			
Curves							















































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