

	PRE				HDBR										POST	
BR	-21	-14	-7	0	7	14	21	28	35	42	49	56	63	70	+7	+14
Exercise Countermeasures					xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx	xxxxxx		
Testosterone Countermeasures				x	x			x	x			x	x			
Blood Measures				x	x	x	x	x	x	x	x	x	x	x	x	
Body Composition		x				x		x		x		x		x		
Muscle Strength			x	x											x	x

**SDC 2. Study Timeline.** Timeline of the HDBR protocol including approximate timing of the countermeasures and the collection of outcome measures presented in the manuscript.