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|                             | <b>Inflammation</b> |           |           |            |              |                |
|-----------------------------|---------------------|-----------|-----------|------------|--------------|----------------|
|                             | <b>SOR</b>          | <b>CK</b> | <b>T2</b> | <b>STR</b> | <b>Acute</b> | <b>Chronic</b> |
| <b>Exercise Stimulus</b>    |                     |           |           | ↓↓↓        | ↑            |                |
| <b>1-12 h post-exercise</b> |                     |           |           | ↓↓↓        | ↑↑↑          |                |
| <b>24 h post-exercise</b>   | ↑↑↑                 | ↑         | ↑         | ↓↓↓        | ↑            |                |
| <b>48 h post-exercise</b>   | ↑↑↑                 | ↑         | ↑         | ↓↓         |              | ↑              |
| <b>3-5 d post-exercise</b>  | ↑                   | ↑↑        | ↑↑        | ↓          |              | ↑↑             |
| <b>5-7 d post-exercise</b>  | ↑                   | ↑↑↑       | ↑↑↑       | ↓          |              | ↑↑↑            |
| <b>7+ d post-exercise</b>   |                     | ↑↑        | ↑↑        | ↓          |              | ↑↑             |