

# RETURN TO TRAINING IN THE COVID-19 ERA

## The physiological effects of face masks during exercise

Reference: Epstein et al. SJMSS 2020

Designed by @YLMSSportScience

16 participants performed a maximal incremental cycling test

Images provided by PresenterMedia



**WITHOUT A MASK**



**WITH A SURGICAL MASK**

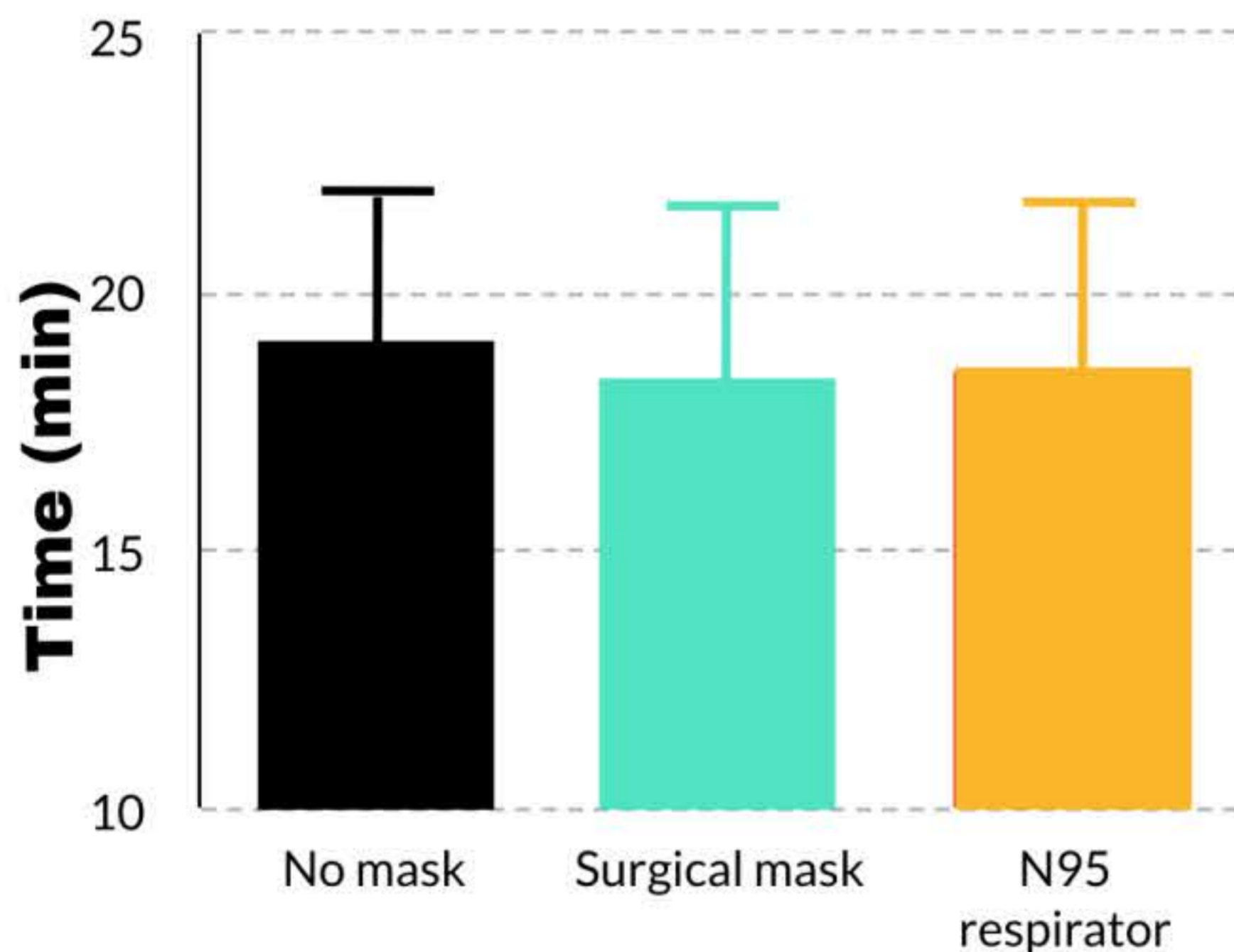


**WITH AN N95 RESPIRATOR**

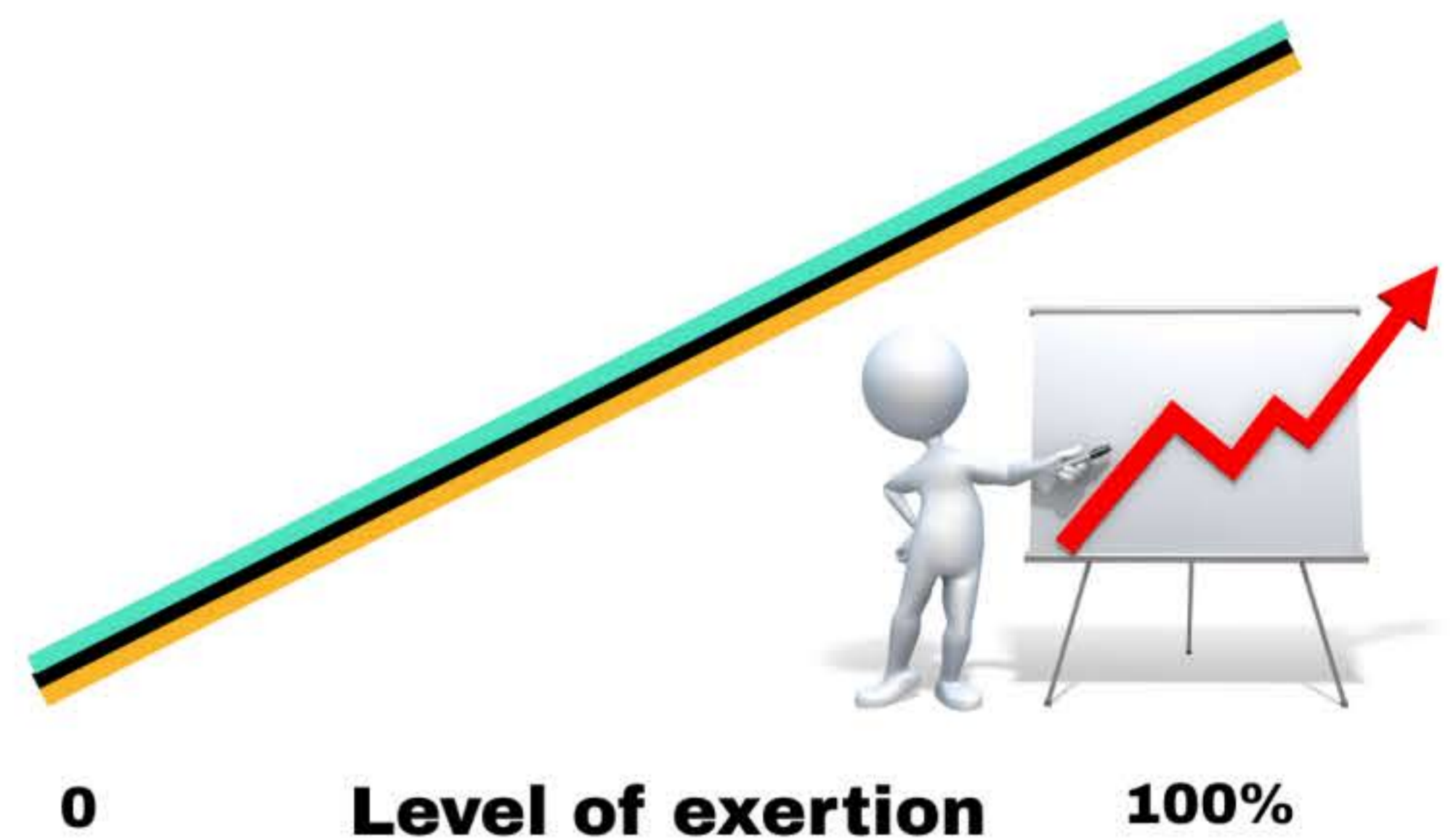
## RESULTS

Time to exhaustion and the main physiological parameters did not differ substantially

### TIME TO EXHAUSTION



### HEART & RESPIRATORY RATES & RATE OF PERCEIVED EXERTION



## IMPLICATION

In healthy subjects, short-term moderate-strenuous aerobic physical activity with a mask is feasible & safe

