

Citation:

Hind, K and Slater, G and Lees, M and Thurlow, S and Barlow, M and Oldroyd, B and Shepherd, J (2018) Interpretation of dual energy X-ray absorptiometry-derived body composition change in athletes : a review and recommendations for best practice. Journal of Clinical Densitometry, 21 (3). pp. 429-443. ISSN 1094-6950 DOI: https://doi.org/10.1016/j.jocd.2018.01.002

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**Figure 4.** Individual lean mass changes in professional rugby union player interpreted using Least Significant Change (LSC) from Lees et al. (2016). Precision data from Barlow et al (2015).



Seasonal Changes