Josue Hernandez

References & Outline

Mr. Britton Woolsey

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Chapter II: Body

Effects of Creatine Supplementation on Anaerobic Working Capacity

-Adenosine triphosphate, phosphocreatine and creatine monohydrate.

-Fatigue

-30.7 percent higher AWC

The Effects of Creatine Monohydrate Loading on Anaerobic Performance and One-Repetition Maximum Strength

-One-rep maximums

-Athletes vs non-athletes

-Mean power

-Cycling

-Ergogenic benefits

Long-term creatine intake is beneficial to muscle performance during resistance training

-Muscle PcR Concentration

-Arm-Flexion Torque

-Body Composition

Effects of creatine supplementation on body composition, strength, and sprint performance

-Sprint performance

-Glucose, taurine, and electrolyte formulation

-Muscle and liver enzymes

Creatine Supplementation and Multiple Sprint Running Performance

-Blood lactate concentration

-Fastest sprint vs mean time

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