

A Dissertation Abstract

The Effect of A 5-Day Rapid Loading Phase of Creatine
Monohydrate And Its Effect On Output When
Performing A Strength And Power Test

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Among the most popular and extensively researched natural supplements, creatine is one of the most used. In the sports nutrition/supplement market, there are many other forms of creatine that are available besides creatine monohydrate that can benefit performance and health. With concurrent heavy resistance training, supplementing with creatine consistently increases strength, fat-free mass, and muscle morphology more than supplementing with creatine alone. High-intensity sprints or endurance training may benefit from creatine as well. When exercising for a longer period, the effects of creatine appear to diminish. The supplementation of creatine increases creatine storage and facilitates faster adenosine triphosphate regeneration after high intensity exercise. However, not every individual will respond similarly to the supplement. Enhanced performance and greater training adaptations will result from these improved outcomes. The research suggests that creatine couple with a training regime is the best combination to see results.

The primary focus of this study was to look at how creatine influences power during a peak power chest press and 1 rep max (RM) bench press. While also looking at how a 5-day loading phase will affect the outcome of power and strength during these exercises. During these exercises, a 5-day loading phase will be examined to determine how it will affect power and strength. During a rapid loading phase, the study will develop a practical analysis of the effects of creatine on strength and power. In order to determine if creatine is effective in developing strength and power in the short term. Comparing the existing creatine theories with the research conducted in this study in order to determine how effective short-term gains from creatine are. For the research 6 participants were instructed to supplement with creatine for 5 days, while continuing their normal lives and training habits, and testing day before and after 5-day loading phase completed. Prior to supplementation test of strength and power were made using (Bench press/ Strength) and (Keiser pneumatic power machine/

Power). 1RM for strength was performed till max reached and power performed on Keiser power machine till max reached. The analysis of the data found that the Group experienced a significant increase of power by an increase of 5.45% and displayed an increase in strength by 4.01%. the study supports the theory of creatine being able to enhance performance using a short loading phase of 5-days.

In conclusion rapid loading of creatine for a period of 5-days can increase performance and enhance the ability of an active young person displaying increases in power and strength.