

PRE-WORKOUT PROTEIN SHAKES

New research on boosting muscle building



Original Research

Fujita, S., et al.
Essential amino acid and carbohydrate ingestion before resistance exercise does not enhance postexercise muscle protein synthesis.
Journal of Applied Physiology
106:1730-1739, 2009.

IF YOU WANT BIG, STRONG QUADS LIKE THIS, COULD A PROTEIN AND CARB SHAKE PRIOR TO YOUR TRAINING SESSIONS HELP?

PHOTO: SHAWN WARREN

If you have ever had any exposure to sports nutrition, you know how important protein and carbohydrates are to your ability to grow from your training and compete to win. Protein is the building block of your muscle tissue that helps keep you strong—and getting stronger. Carbohydrates are an important fuel source that keep your engine running at high RPMs. When you train hard, you burn up the carbohydrates and thus need to replenish them. Then you need protein to help repair the damaged muscle tissue and to help your muscle fibers grow. You might even take a protein and carbohydrate supplement after training as a convenient way to get these nutrients quickly; there is evidence that this could enhance your gains if you are recreationally trained,¹ although the effects on well-trained athletes are not as clear.² Certainly, there may be some benefit to getting some protein and carbohydrate soon after training. But if getting these nutrients after training may be beneficial, what about getting them before?

Power Key: protein shake, carbohydrate, amino acids, protein synthesis