

15-day supplementation period

Day -4 -1+0 7+8 14+15

1. Bench press throw 30% of 1-RM
2. Vertical jump power
3. Repetitions to exhaustion with 75% 1-RM in bench press and squat exercises
4. Visual Analog Scale for muscle soreness

1. Anthropometric Measures:
Ht, Wt, Body composition
2. 1-RM bench press and Squat