

## Chapter 8: Supplements for HIIT



**S1:** In this video, we'll talk about supplements for HIIT.

- No matter which workout you are following, most need to couple proper diet with supplements to get the maximum benefits
- These supplements are needed for that extra boost of energy and for initiating the repair process in the body
- Several supplements are especially suited for HIIT, as they work best for high intensity exercises

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# Greens Supplement

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- It gives the user more strength, which is an important factor in high intensity workouts
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- During exercise, the body goes into anaerobic state
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**S4:** This can slow down performance and cause fatigue. During exercise, the body goes into an anaerobic state. When the body respire in the absence or limited amount of oxygen, it produces lactic acid.

Due to the accumulation of acid, the pH begins to drop. This makes the working mechanisms in the muscles stop. As a result of all this, the person feels fatigued and does not have the strength required for the next workout session.

- Green supplements have alkaline properties that cancel out the acidity in the muscles
- So they can be beneficial in increasing the body's power and in reducing fatigue for maximum performance

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# Creatine Monohydrate

- It has been used in many sports supplements since the first discovery of its benefits
- Not only does this supplement increase the performance ability, it also increases the lean muscle mass in the body
- The body needs to maintain homeostasis, which is the state of the body in which every factor is well-regulated
- Creatine acts as a pH buffer, keeping the pH of the body regulated at all times

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- This ensures that the muscles are present in the right pH conditions for maximum overall performance
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- Another reason why Creatine is suitable for HIIT training is due to its ability to ensure faster recovery
- In HIIT training session, it is a must to include recovery periods
- When a person recovers at a faster rate, they can perform better in the gym and reap the maximum benefits of their workouts

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- Creatine is also involved in increasing the number of satellite cells that are present in the body
- These cells help to increase muscle mass by linking amino acids together for formation of new proteins
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# Caffeine

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- It is responsible for making you more focused and alert during workouts and enhancing performance
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- In this system, the hormone epinephrine is secreted and induces the breakdown of glycogen present in the muscles
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**S12:** Caffeine activates the sympathetic nervous system, which is activated when the body is in a state of alertness. In this system, the hormone epinephrine is secreted and induces the breakdown of glycogen present in the muscles. Along with that, it also oxidizes fatty acids in skeletal muscles. Both these processes result in energy production that is later utilized for high-intensity workouts.

So, caffeine can increase endurance in the body and keep the body in a high-energy state at all times.

## **L-Carnitine L-Tartrate**

- Both of these are amino acids that are not commonly present in the body in large amounts
- The body has 20 major amino acids that are all present in the L confirmation
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uncommon amino acid that has to be taken from external sources since it is not readily present in the body.

- This amino acid aids in fat burning by mobilizing the fats present in the body for energy
- Along with that, it also reduces the recovery time after a long workout
- If you normally take two days off after an HIIT workout session, with the use of this supplement, you will be able to reduce the recovery time to one day

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- L-Carnitine is also involved in increasing glycogen reserves in the muscles
- When carbs are taken in, the body uses some of it to form glucose and the excess is stored in the body in form of glycogen
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- It can form creatine in the body by donating methyl group
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**S20:** Betaine is a modified form of the amino acid glycine, which occurs naturally in the body. It is also present in many foods



including beet, shellfish and spinach. So while it is likely that you are taking some of this supplement in your diet chances are that it may not be enough.

Betaine can form creatine in the body by donating methyl group. And as mentioned earlier, creatine has plenty of benefits for anyone who works out. Betaine, on its own, also has significant effects on the wellness of skeletal muscles.

- It keeps lactate levels low and removes this acid and keeps the body energized
- An addition, it increases the rate of protein synthesis in muscle cells
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mechanism, their ample amount is essential for reducing recovery time.

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- Most athletes and individuals who work out frequently drink water to stay hydrated and reduce exhaustion
- When coupled with betaine, water can reduce exhaustion by a factor of 40 times more

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# Citrulline

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- As more blood flows to muscles, more nutrients are present for the muscles to extract energy
- Also, in presence of ample oxygen, the muscles can respire aerobically and have lesser production of lactic acid
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- All these supplements complement high intensity workouts and make their results much better
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