

The effects of Beta-alanine Supplementation on some Components of Physical Fitness and Body Composition in Non-athletes' Young Men

farzad asgari*,

Abstract: **Aim:** The aim of this study was to examine the effects of 8 weeks beta-Alanin supplementation with resistance training on some componenet of physical fitness and body composition in non-athletes young men. **Methods:** 20 non-athletes young men volunteered to participate for the study and divided into two groups and performed 8-week resistance training while supplementing with either beta-alanin or placebo. The resistance training consisted of 3 sets of 8 to 12 repetition with 75 to 85 % of 1 repetition maximum. The subjects were evaluated for 1 repetition maximum (1RM) bench press and leg press, vertical jump (VJ), anaerobic power (RAST) prior to and after training intervention. In addition, body composition variables such as percent body fat, WHR and BMI were assessed per and post training period. For analysis, t test was used for determine differences between groups at pre and post training duration. **Results:** Both the groups showed significant increases in 1RM bench press and leg press, VJ, and anaerobic power (RAST), and also the beta-alanin supplementation group showed greater gains compared with the placebo. In addition, WHR and BMI did not change after training for both the groups, as percent body fat decreased significantly in beta-alanin and placebo groups. **Conclusion:** The results indicated that resistance training improved physical performance and beta-alanin supplementation induced greater gains and therefore it could be recommend to coaches and athletes who use this supplementation to greater gains in physical fitness variabls.

Keywords : Key words: resistance training, beta-alanin supplementation

