

The AMINO of amino acids – BETA-ALANINE

The Key to Intense, Stronger Workouts and a Lean Toned Physique

Beta Alanine is considered in fitness training to be one of the biggest breakthroughs since Creatine.

A naturally occurring amino acid studies have shown that the supplementation of Beta-Alanine can significantly improve performance in high intensity exercise, sprints and resistance training. Unfortunately our bodies do not naturally produce Beta-Alanine.

Along with L-histidine, Beta-Alanine is the component of Carnosine. L-histidine is naturally produced in your body and you can take Carnosine as a supplement to get Beta Alanine but once it is broken down the amount of Beta-Alanine you get (40%) is not worth it.

When we train to a high intensity Lactic Acid can build up within the muscles and force our workouts to stop. This is because the PH levels in the muscle reduce. Carnosine is naturally occurring within the bodies and is found in skeletal muscle tissues. It acts as a 'buffer' and stops our PH levels from lower in the muscles meaning we can work at a higher intensity for longer periods of time.

By supplementing Beta-Alanine we can increase our Carnosine levels.

As Carnosine is typically found to have higher levels in fast twitch muscle fibres (responsible for muscle size and conditioning) full body workouts, weight training, intervals and sprint work will mean our body will produce more of this meaning we can train longer, harder and more intensely giving us greater results when it come to achieving a lean toned physique.

In previous articles I have talked about full body workouts and Interval training being the quickest way to burn significant calories and tone up. Forcing your body to work through these movements means your calorific output is far greater and more efficient than long drawn out 'conventional' workouts.

It also means your workouts are shorter and will not get in the way of work and family commitments.

Studies on Beta-Alanine have shown that duration of between 4 weeks is sufficient to increase levels. Some studies worked up to 10 weeks but no significant gain was made with the additional 6 weeks.

So next time you workout take Beta-Alanine as a supplement to increase your Carnosine levels and intensify your workouts to train, harder, stronger and more efficiently and work on a 4 week cycle.