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Effects of Caffeine on Maximum Bench Press Repetitions

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Effects of Caffeine on Maximum Bench Press Repetitions

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The purpose of this research is to study the effects of caffeine on the maximum amount bench press repetitions performed. Blood pressure and heart rate will also be measured. This research is important because of the popular use of caffeine among college athletes in today's society and proving or disproving the benefits could be of great importance to athletes at our university.

Information about the Author:

Alex Soller has used caffeine supplements prior to athletic competition and is curious to research the effects that it has on the body. He plans on using this in his future career as a strength coach and personal trainer and will be able to inform his clients about this information.

Faculty Sponsor: Dr. Kelly Helm

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