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Prof. Darryn Willoughby: Creatine
Darryn S. Willoughby is a Professor of health, human performance and recreation and directs Baylor University's Exercise and ...

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**How to Eat During
Endurance
Competitions |
Carbohydrate |
Science Explained**

The primary energy source for endurance activity is carbohydrates. This

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video explains the
science behind
carbohydrate intake ...

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ist Ashwagandha? -
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The Most Effective
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**Carbohydrate Intake
for Endurance**

**Athletes | Science
Explained**

Carbohydrate Intake
Endurance athletes are
super with their
nutrition as it can
become a limiting
factor for performance.

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typische Vertreter für
kritische Nährstoffe
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***Nutrient timing &
exercise!*** This quick
video is based on a
review paper from the
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discussing the timing
of nutrients ...

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Willoughby is a
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and recreation and

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**Dr. Shawn Arent:
Physique vs Sports
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Shawn M.
Arent, PhD, CSCS*D,
FACSM is currently an
Associate Professor in
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**James Krieger:
Carbohydrates &
Insulin**

James Krieger
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Lyle McDonald: Fat

Loss Lyle McDonald has been interested in all aspects of human performance physiology since becoming involved in competitive ...

Lyle McDonald: Fat
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Loss For Females

Lyle McDonald has been interested in all aspects of human performance physiology since becoming involved in competitive ...

**Dr. Brad Schoenfeld:
Muscle Hypertrophy**

Brad Schoenfeld, Ph.D, C.S.C.S., is an internationally renowned fitness expert and widely regarded as one of the

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***What is
Periodization & How
Do We Use It with
Dr. Mark Kovacs***

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Episode 12 of the
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In this week's episode,
I chat with Mark
Kovacs, PhD, founder
of ...

***Anatomy and
Physiology of
Metabolism***

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Prof.Darryn

**Willoughby: Muscle
Physiology**

Darryn S. Willoughby is a Professor of health, human performance and recreation and directs Baylor University's Exercise and ...

**Juma Iraki -
Testosterone, Keto,
Dairy, Sports
Specific Nutrition -
Charity Interview**

Juma Iraki is founder of

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Iraki **Nutrition**, a
Norwegian company
that consists of
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***Pre-/Postworkout
Ernährung für
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(Muskelwachstum,
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