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Beachbody performance line energize ingredients

Whether your goal is to improve overall health, lose weight, gain muscle, become stronger, or perform better, nothing beats exercise and a healthy, well-balanced diet. That said, select supplements taken in appropriate dosages, in appropriate forms, and in a timely manner have been shown to provide additional benefits. With this in mind, Beachbody Performance supplements have been formulated with clinically tested dosages of some of the most studied ingredients in sports nutrition studies. In our pre-workout Beachbody Performance Energize supplement, we combine three key ingredients (beta alanine, caffeine and quocetin), individually shown to help increase energy, increase exercise performance, or delay fatigue (or all three). These ingredients have been researched for years (even decades), but we were not happy to simply rely on previous studies of individual ingredients. We wanted to test the effects of Energize itself. So we joined forces with sports nutrition experts at the University of Exeter in England to measure the impact of Energize on exercise performance and perceived effort in a study of 13 male and female cyclists. Pro Tip: Energize now comes in three flavors: Lemon, Energize Fruit Punch, Mixed Berry. The Beachbody Performance Energize Energy Study was a randomized, double-blind, placebo-controlled crossover study — the gold standard for clinical trials of this kind. A placebo-controlled means that we tested the effects of Energize against taste, color, and calories matched with a placebo. (In other words, it looked and tasted like real, but lacked active ingredients.) Crossover means that we tested Energize and placebo in the same study participants on different days. Randomised and double-blind means that the drinks were tested randomly (i.e. some participants received placebo first, while others received energy first) and that neither the study participants nor the researchers knew which drink was administered until the study was complete. The study participants completed four test visits, each separated by at least one week. To minimize disruptions associated with earlier food and beverage consumption, participants were asked to fast the night before all visits. During each visit, participants: Consumed one study drink (Energize or placebo) and then rested for 30 minutes. Consumed a second study drink (Energize or placebo) and then completed 30 minutes of vigorous cycling in a stationary state. He consumed a third study drink (Energize or placebo) and then completed a 15-minute exercise performance test known as a cycling time trial. During a 30-minute steady-state bike ride, participants practiced at 80 percent of their vo2 max ceiling (i.e. maximum At 10-minute intervals, perceived effort (i.e. how hard participants felt they were working) was assessed on the Borg Rate of Perceived Exertion (RPE) scale. Scale ranges from six to 20, with six corresponding to little or no effort (e.g. comfortable rest) and 20 corresponding to maximum effort (e.g. sprinting on a steep hill). Exercise performance was assessed while cycling, when participants were instructed to ride as hard as they could for 15 minutes, while researchers recorded their power output and total work done. Beachbody Performance Energize Study Results When study participants consumed Beachbody Performance Energize 30 minutes before a stationary state of cycling, their RPE was significantly lower than when they consumed a placebo. In other words, even though they exercised with the same intensity, they reported that exercise was easier after consuming Energy. During the cycling time trial, participants' exercise scores were about 5 percent higher when consumed Energize 60 minutes before the study than when they consumed a placebo. This means that study participants were able to do more work at the same time they consumed Energize. For elite athletes, a 5 percent performance improvement can mean the difference between winning an event or even placing it. For the rest of us, this may mean being able to push harder during training, and working harder can simply mean burning more calories and working more efficiently toward our goals. Practical recommendations taken together, our findings indicate that consuming Beachbody Performance Energize about 30 minutes before most workouts (or 60 minutes before all-out exercise) can help improve exercise performance, increase starting power, increase the total work done, and reduce perceived effort. For more information about Beachbody Performance Energize, including a detailed look at its key ingredients, check out the article Key Ingredients Your Drink Should Have Before Training. Beachbody Performance Energize uses a synergistic blend of three key ingredients - beta alanine, quocetin and caffeine - to delay exercise-induced fatigue and increase energy, focus, power and athletic performance. But don't just take our word for it. Dr. Marcus Elliot, founder of the Peak Performance Project (P3), explains Beachbody President and CMO Jon Congdon how it has increased the training of some of the country's top athletes at its applied sports facility in Santa Barbara, California. Just over 4 months ago, I committed to using Beachbody Energize before each of my workouts. I tried another supplement before training, and felt so upset and hated it. I wanted to find one strong enough to boost my scores and energy though. That's where this product came into play! What is Beachbody Energize? Energize is a pre-workout supplement containing beta alanine, caffeine and quocetine. These 3 ingredients have been shown to help you power through workouts with more energy, improve performance and even delay fatigue. Do you prefer a movie? Check What flavors of Beachbody Energize are there? There? it's 2 flavors of Beachbody Energize. At the moment you can only get Lemon, but in 2019 they will also have Tropical Punch. Download 10-Packet Sampler or Tub Here What happened when we took it consistently? When I started LIFT4, I committed to using the Beachbody Performance Line. I didn't skip creatine and moisturize, but I loved my Energize, Recover and Reload! Energize helped me push through my workouts and pump out some extra reps every time! Recover & Recharge helps with muscle soreness and increased muscle mass. Download our Full Beachbody Performance Line Review or get a sampler of them! Does Beachbody Energize have caffeine? Yes, it contains caffeine. That's 100mg per scoop. While we usually drink caffeine, we didn't feel jittery or too hyped on Energize unlike other supplements. 5 Benefits of Drinking Energize*: Increases Energy & Endurance Improves Intense Exercise Performance Sharpens Focus and Reaction Time Increases Muscle Power Output Delays Muscle Fatigue Induced Exercise What Are The Ingredients of Energy? Beachbody's Energize contains caffeine (100mg), beta alanine (800mg) and quorate (500mg), as well as several minerals: calcium (0.5% RDI), magnesium (5%), sodium (5%) and potassium (1%). It also has beet sugar, citric acid, and stevia, plus an anti-cauliflower silica agent. One scoop is 15 calories. It also does not contain artificial sweeteners, colors and preservatives! (See component label here) Why beachbody energize neon yellow? Neon yellow color can be a little scary at first - like what is it?! This is not a food coloring. The light yellow color comes from quocetin. It's a power phytoestrogen. It is also found in apples, citrus fruits and onions. How many portions are there in Beachbody Energize? The energy bath has 40 servings. With that said, the serving is 1 scoop, and it recommended people over 160lbs take 2 scoops. You can also get 10 sample packages to try them out. Download 10-Packet Sampler or Tub Here When Should I Take It? To get the most out of the supplement before a workout, you'll want to get it 30-45 minutes before your workout. Why does a pre-workout supplement make you tingling? Some pre-workout supplements, including this one, can make you tingling. Tingling occurs due to beta alanine in it. Although it feels quite dang crazy - it is a harmless condition called paresthesia. Normally, it happens at higher doses of beta alanine, but can occur with 800 mg. How much is Beachbody Energize? That's about \$50 for a 40 scoop or \$1.25 scoop. Most pre-workout supplements using high-quality ingredients and no fillers are around this range. Download the 10-Packet Sampler or Tub Here* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease. Consult your doctor and follow all the instructions before starting any exercise program or nutrition plan, or with any supplement or meal especially if you are pregnant, breast-feeding, have any medical conditions or are taking any medications. Medicines.