Testing Session

- Report to Human Performance Laboratory
  - 10 min
- Ingestion of PC or PL
  - 10 min
- Warm-up

- Questionnaire
- Reaction test – 4-min
- Exhaustive exercise period
- Questionnaire
- Reaction test – 4-min

- 30-sec Wingate Test
- Max push-ups in 1-min
- Max sit-ups in 1-min