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*Sip on This: Bang vs. Coffee and Their Effect on Upper Body Power Output*

Introduction: The energy drink industry is a large and growing business. One use of these energy drinks is for a pre-workout for their ergogenic effects. The active ingredients in a majority of pre workout supplements include caffeine, creatine, and branched chain amino acids (BCAAs). There is little research done comparing coffee and energy drinks, specifically Bang. The purpose of this study was to determine the effects Bang and caffeinated coffee had on power output.

Methods: Healthy Subjects (ages 18-35), caffeine free of 24 hrs., were tested on upper body power output using the BMS (Ballistic Measurement System). Subjects were given either Bang energy, caffeinated coffee, or decaffeinated coffee and then performed 3 sets of 5 repetitions on Bench Press with 90 sec. rest between reps. Power output was gathered from each subject and compared to each group.

Results: Results to be shared on Scholar Day.

Conclusion: Conclusion to be shared on Scholar Day.