

## Effect of Pregnenolone Supplement on Biological Variables after Plyometric Training for Volleyball Players

**Authors :** Menan M. Elsayed, Hussein A. Heshmat

**Abstract :** The aim of the study is to determine the effect of 100 mg/d Pregnenolone on biological variables after plyometric training for volleyball players. Methods: 15 male volleyball players participated in this study. Serum levels of testosterone, creatine phosphokinase (CPK), lactate, and glucose were measured before and post-exercise. Results: Testosterone was not altered, while creatine phosphokinase (CPK), lactate, and glucose levels significantly decreased. It is recommended to use Pregnenolone administration to decreased muscle damage and delayed fatigue for volleyball players after plyometric training. In conclusion, this study demonstrated that oral Pregnenolone administration of 100 mg/d might decrease muscle damage and delayed fatigue which may affect positively the volleyball players after a plyometric training bout.

**Keywords :** biological variables, plyometric exercise program, pregnenolone, volleyball player

**Conference Title :** ICAP 2018 : International Conference on Athlete Performance

**Conference Location :** New York, United States

**Conference Dates :** April 19-20, 2018