

Caffeine Kinetics and CrossFit®-Specific Performance

NCT05516212

Status	RECRUITING
Phase	Phase 2, Phase 3
Sponsor	Poznan University of Physical Education
Enrollment	25 participants

Key Eligibility Criteria

Inclusion (5)

- written informed consent from all participants before the study,
- a current medical clearance to practice sports,
- training experience any sport discipline e 5 years and training experience in HIFT e 2 years,
- performing e3 training units per week,
- participating in CrossFit® competitions at least once a year.

Exclusion (7)

- current injury,
- any health-related contraindication,
- declared general feeling of being unwell,
- unwilling to follow the study protocol,
- serious disease or metabolic problems,
- ... and 2 more (see full listing online)

Locations (1 total)

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