

# The Muscle-Building Glycogen

Low-Glycemic Carbohydrate: Rebuilding Muscle after Weight-Training

Introduction

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## Biological Overview

### What Muscular Glycogen Stores

The muscle glycogen stores in humans are located in skeletal muscle tissue. These include myofibrils, sarcoplasmic reticulum, endomysium, and throughout connective tissue fibers, plus in areas of bone marrow and adipose. Although there is no consensus among researchers regarding the location of muscular glycogen storage, following the most recent and widely used convention, it is distributed in intermyofibrillar spaces. Glycogen reserves are also distributed throughout connective tissue, muscle, bone marrow, adipose, and other connective tissue.

### What Influences Glycogen

By understanding which nutritional factors can influence the muscle glycogen reserves, we can enhance performance, reducing their potential negative effects. Muscle glycogen levels depend on the type of exercise, the intensity of the exercise, and the duration of the exercise. Most nutritional interventions can accomplish the same improvements in performance. When they combine, they yield the additional benefit of reducing the time required.

Muscle glycogen levels are directly affected by dietary choices. Unlike blood glucose reserves, glycogen stores are limited. They consist of the estimated reserves found in the body, and are stored in muscle and liver glycogen reserves. Glycogen reserves function as a primary source of energy for muscles. When glycogen reserves are depleted, blood glucose levels drop, suggesting that performance may decrease due to a lack of available energy reserves.



### Characteristics of Glycogen

Glycogen reserves are used during all physical activities, including both aerobic and anaerobic processes. During the aerobic process, the body uses oxygen to break down glycogen reserves, releasing energy in the form of adenosine triphosphate (ATP). During the anaerobic process, the body breaks down glycogen reserves without using oxygen, releasing energy in the form of adenosine triphosphate (ATP). Glycogen reserves are composed of branched chains of glucose molecules, which are linked together by glycosidic bonds. These bonds are broken during glycolysis, releasing glucose molecules that are oxidized to produce energy.

### How Glycogen Reserves

Muscle glycogen reserves are influenced by several factors, including diet, exercise, and other metabolic processes such as blood glucose reserves. Glycogen reserves affect performance negatively. For example, low blood glucose levels can cause fatigue, while high blood glucose levels can cause hyperglycemia.

# The Muscular System 09a Lab Answers

**Clifford Lane**

**The Muscular System 09a Lab Answers:**

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