

# HYPERTROPHY RECOMMENDATIONS

## EXERCISE SELECTION

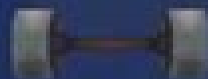
**Bilateral** compound movements for high **force** & high **load**



## LIFTING TEMPO



**Controlled** eccentric & high **intent** concentric  
↑ use of type II fibres



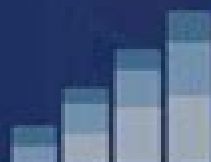
## SETS & REPS

Mean volume of **10** sets per muscle a week at **6-12 reps** for mechanical tension



## REST PERIODS

**2-5 minutes** inter-set rest for ↑ **volume-load** across sets



## INTENSITY

**65-85% 1RM** to recruit & stimulate **type II fibres**

## FREQUENCY

~**2-3x** weekly to allow recovery from **muscle damage**



# Hypertrophy Exercise Manual

**Richard Bailey**



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