HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

Bilateral, compound movements for high force & high load



LIFTING TEMPO

Controlled eccentric & high intent concentric tuse 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

S Ben Porath

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