

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

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



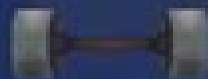
LIFTING TEMPO

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



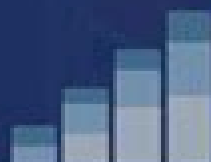
REST PERIODS

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

J Ma



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problem most planets orbit the sun in elliptical orbits do these planets exhibit rotational motion rotational motion has two requirements all particles must move about a fixed axis and move in a circular path since the path of most planets is not circular they do not exhibit rotational motion problem

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use rotational kinematic equations to solve problems involving objects undergoing angular accelerations includes 4 multi part

problems problem set rk8 using the big 4 eqns and linear relationships combine an understanding of linear and angular quantities with the use of rotational kinematic equations to analyze complex rotation scenarios

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rotational kinematics just like linear kinematics is descriptive and does not represent laws of nature with kinematics we can describe many things to great precision but kinematics does not consider causes for example a large angular acceleration describes a very rapid change in angular velocity without any consideration of its cause

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we have 8 ready to use problem sets on the topic of rotational kinematics these problem sets focus on the analysis of situations involving a rigid object rotating in either a clockwise or counterclockwise direction about a given point the object's rotation speed may be increasing decreasing or remaining constant

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problem a merry go round has an initial angular velocity of 10.2 rpm at the end of the ride the brakes are applied giving it a constant angular deceleration of 0.032 rad/s^2 as the ride slows to a stop

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rotational kinematics in the section on uniform circular motion we discussed motion in a circle at constant speed and therefore constant angular velocity however there are times when angular velocity is not constant rotational motion can speed up

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evaluate problem solving strategies for rotational kinematics just by using our intuition we can begin to see how rotational quantities like θ , ω and α are related to one another for example if a motorcycle wheel has a large angular acceleration for a fairly long time it ends up spinning rapidly and rotates through many revolutions

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may 21 2023 directions of rotational kinematics vectors rigid body rotation whenever we talk about rotation there is something that is generally implied we are not talking about a point mass or a collection of independently moving point masses

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they are only true if the angular acceleration is constant but if it is constant these are a convenient way to relate all these rotational motion variables and you can solve a ton of problems using these rotational kinematic formulas

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