

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

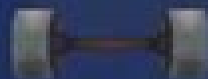
Bilateral compound movements for high **force** & high **load**



LIFTING TEMPO



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



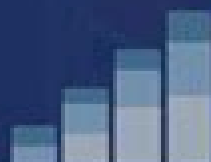
SETS & REPS

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

G Orfield

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Hypertrophy Exercise Manual:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Hypertrophy Exercise Manual**

In some sort of inundated with monitors and the cacophony of instant interaction, the profound power and psychological resonance of verbal art frequently fade in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the musical pages of **Hypertrophy Exercise Manual**, a captivating function of literary splendor that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that magical opus guides readers on a mental odyssey, gently exposing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect its interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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