

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

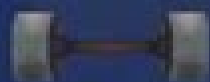
Bilateral compound movements for high **force** & high **load**



LIFTING TEMPO



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



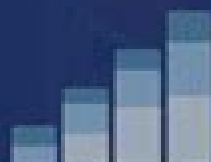
SETS & REPS

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

Lingsheng Yao

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.

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Table of Contents Hypertrophy Exercise Manual

1. Understanding the eBook Hypertrophy Exercise Manual
 - The Rise of Digital Reading Hypertrophy Exercise Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Hypertrophy Exercise Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hypertrophy Exercise Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hypertrophy Exercise Manual
 - Personalized Recommendations
 - Hypertrophy Exercise Manual User Reviews and Ratings
 - Hypertrophy Exercise Manual and Bestseller Lists
5. Accessing Hypertrophy Exercise Manual Free and Paid eBooks
 - Hypertrophy Exercise Manual Public Domain eBooks
 - Hypertrophy Exercise Manual eBook Subscription Services
 - Hypertrophy Exercise Manual Budget-Friendly Options

6. Navigating Hypertrophy Exercise Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Hypertrophy Exercise Manual Compatibility with Devices
 - Hypertrophy Exercise Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hypertrophy Exercise Manual
 - Highlighting and Note-Taking Hypertrophy Exercise Manual
 - Interactive Elements Hypertrophy Exercise Manual
8. Staying Engaged with Hypertrophy Exercise Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hypertrophy Exercise Manual
9. Balancing eBooks and Physical Books Hypertrophy Exercise Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hypertrophy Exercise Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hypertrophy Exercise Manual
 - Setting Reading Goals Hypertrophy Exercise Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hypertrophy Exercise Manual
 - Fact-Checking eBook Content of Hypertrophy Exercise Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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