

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

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



LIFTING TEMPO

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



REST PERIODS

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

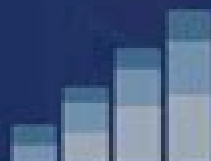
SETS & REPS

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



INTENSITY

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



FREQUENCY

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



Hypertrophy Exercise Manual

Rachel Sandford



Hypertrophy Exercise Manual:

Hypertrophy Exercise Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Hypertrophy Exercise Manual**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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