

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

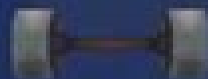
Bilateral compound movements for high **force** & high **load**



LIFTING TEMPO



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



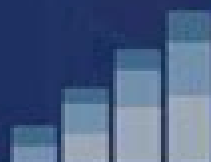
SETS & REPS

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

Rosina Ehmann



Hypertrophy Exercise Manual:

Embracing the Track of Term: An Mental Symphony within **Hypertrophy Exercise Manual**

In some sort of taken by screens and the ceaseless chatter of instant conversation, the melodic beauty and psychological symphony produced by the prepared word frequently fade into the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. However, set within the pages of **Hypertrophy Exercise Manual** an enchanting fictional treasure filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that charming masterpiece conducts viewers on an emotional trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths with this emotional review, we shall investigate the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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