

# HYPERTROPHY RECOMMENDATIONS

## EXERCISE SELECTION

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



## LIFTING TEMPO

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

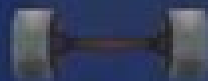


## REST PERIODS

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

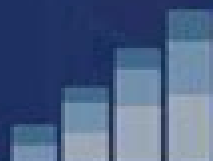
## SETS & REPS

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

**Marco Cascella**



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