HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

Bilateral, compound movements for high force & high load



LIFTING TEMPO

Controlled eccentric & high intent concentric tuse 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

Rachel S Tattersall

Hypertrophy Exercise Manual:

The Enigmatic Realm of Hypertrophy Exercise Manual: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Hypertrophy Exercise Manual** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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