

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

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



LIFTING TEMPO

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

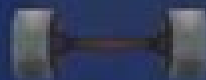


REST PERIODS

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

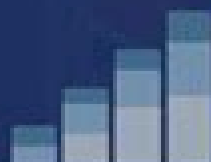
SETS & REPS

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

Padhraic Smyth

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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