

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

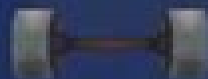
Bilateral compound movements for high **force** & high **load**



LIFTING TEMPO



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



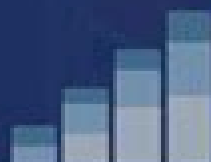
SETS & REPS

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

**Walter E. Finkbeiner, Andrew J
Connolly, Philip C. Ursell, Richard L.
Davis**



Hypertrophy Exercise Manual:

Discover tales of courage and bravery in Crafted by is empowering ebook, **Hypertrophy Exercise Manual** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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