

HYPERTROPHY RECOMMENDATIONS

EXERCISE SELECTION

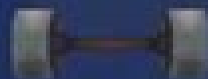
Bilateral compound movements for high **force** & high **load**



LIFTING TEMPO



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



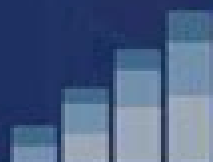
SETS & REPS

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

J. Steele



Hypertrophy Exercise Manual:

Adopting the Melody of Term: An Psychological Symphony within **Hypertrophy Exercise Manual**

In a world consumed by monitors and the ceaseless chatter of fast transmission, the melodic beauty and mental symphony developed by the published term often disappear into the back ground, eclipsed by the relentless sound and distractions that permeate our lives. However, located within the pages of **Hypertrophy Exercise Manual** an enchanting literary value brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this charming masterpiece conducts viewers on a psychological journey, well unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant analysis, we can explore the book is central harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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