HYPERTROPHY MANUAL

CHECKLIST

Want to understand the mechanisms of hypertrophy so that you can stimulate the maximum increase in muscle growth and strength through your training?

This checklist will help you to do just that by providing you with all of the information we saw in the full ebook, condensed into some simple steps and points that you can follow…

Types of Hypertrophy

There are two types of hypertrophy according to many thinkers on the subject matter. These are:

Sarcoplasmic hypertrophy

Myofibrillar hypertrophy

Myofibrillar hypertrophy means that the muscle fibers are tearing as a result of intense exercise, which in turn encourages the body to repair them with amino acids subsequently. This allows those fibers to grow back stronger and thicker, thereby making the muscles themselves stronger and thicker.

Sarcoplasmic hypertrophy on the other hand involves increasing the sarcoplasm in the muscles to increase muscle endurance.

So how do you train each?

- ☐ To train for sarcoplasmic hypertrophy you train using longer sets with more repetitions and you use lighter weights

- ☐ To train for myofibrillar hypertrophy you train with heavier weights and use this for fewer repetitions

- ☐ There are also some additional techniques and methods you can take into account. For example:

- ☐ You can create a better ‘mind muscle connection’ by training with heavier weights and by concentrating more on the muscle during training to really feel the contraction.

- ☐ You can also do the same thing by using ‘overcoming isometrics’

The type of training you use will affect which muscle fibers the body recruits. You have two types:

- ☐ Fast twitch muscle fiber – for explosive movements and bursts of energy

- ☐ Slow twitch muscle fiber – for continuous exercises and multiple repetitions

- ☐ Heavier training recruits more fast twitch fiber, so too does faster training

- ☐ Tension under stretch using eccentric isometrics is another way to cause more microtears and muscle damage

- ☐ Sarcoplasmic hypertrophy involves maximum ‘metabolic stress’ achieved through the longest ‘time under tension’.

- ☐ Your objective then is to choose whether you want to train more for size or more for power and then to use the appropriate training.

- ☐ What’s also useful here though, is to recognize that different body types respond to different types of training. You might have a higher density of slow twitch muscle fiber for instance, or you might have a slow metabolism.

Introducing Powerbuilding

This is where powerbuilding comes in. This is a form of training that combines traditional bodybuilding-type training with powerlifting-style training. The aim is to increase size and strength, function and form.

To do this, you can combine the exercises we’ve seen in numerous ways:

- ☐ Have a couple of days training with powerlifting moves and a couple of days training with bodybuilding moves

- ☐ Train with powerlifting moves at the start of a workout and then move to more isolation, bodybuilding techniques toward the end.

- ☐ Use training techniques like drop sets that allow you to combine both heavy exercises and longer time under tension.

Eating Right

You also need to combine this training with the right diet. The easiest way to understand the right approach to diet is simply to look at the various different rules you need to try and understand:

- ☐ To build muscle, you should be in a caloric surplus meaning you eat more calories than you burn off

- ☐ To lose weight, you should be in a caloric deficit, meaning you burn more calories than you eat

- ☐ To build muscle, you need to be consuming 1 gram of protein for every 1 pound of body weight

- ☐ You also need to consider your other macros. Fats are important as a slow release energy source. Carbs are important to prevent your blood sugar crashing, which releases cortisol and myostatin.

- ☐ Calculate your AMR (active metabolic rate) to know how many calories you burn in a day.

Then calculate your ‘macros’ by working how many calories you should be getting from each food group:

- ☐ **Protein**
- ☐ **Carbs**
- ☐ **Fats**

Try to eat a nutrient dense diet. This means you should be consuming foods high in vitamins and minerals.

No supplements are completely necessary but the three most useful ones are:

- ☐ **Protein shake**
- ☐ **Creatine**
- ☐ **Some kind of multivitamin**

Give all this a try and prepare to see some impressive results in your training!