

# **VELOCITY-BASED TRAINING FOR MUSCLE HYPERTROPHY**

## **Maximise growth potential:**

Explore our comprehensive guide on leveraging VBT for an optimal hypertrophic response.



# What is hypertrophy?

Muscular hypertrophy is the growth of skeletal muscle fibers.

Training variables, such as mechanical and metabolic stress, play a role in stimulating muscle growth.

Exercise-induced muscle damage (EIMD) triggers protein synthesis and structural changes for hypertrophy.





# Rep ranges for hypertrophy:

Moderate-high training volumes provide the greatest stimulus for hypertrophy.

Research shows a dose-response relationship between total weekly sets and muscular hypertrophy.

Training volume and intensity influence metabolic reactions and protein synthesis.

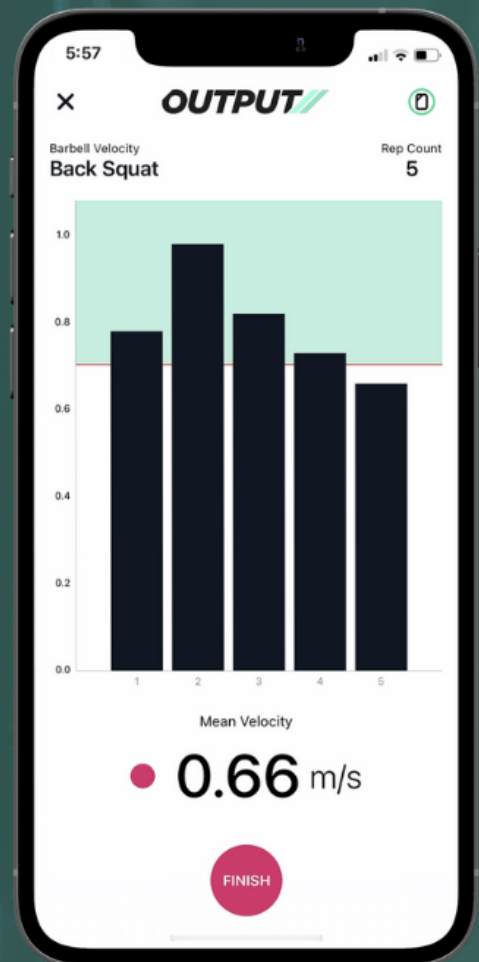


# VBT in hypertrophy:

Velocity can be used to **define** and **manipulate** training intensity.

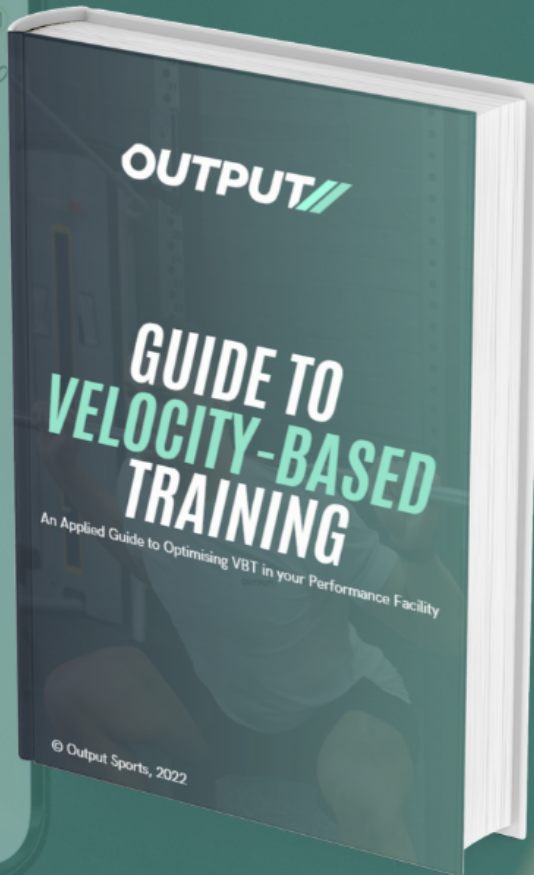
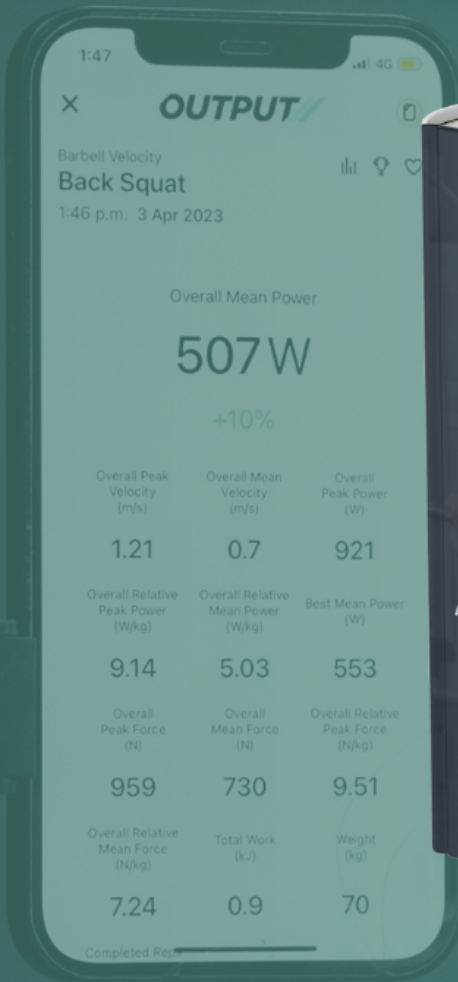
Monitoring **velocity drop-off** can help manage fatigue and optimize volume load.

Optimal loading approach using **real-time velocity** has shown greater strength adaptations.





# For more free value, download our Guide to VBT today!



Access via the link in our bio!