



** THE WIDER THE ARROW, THE MORE INFLUENCE THAT EXERCISE HAS ON HYPERTROPHY*

POWER = Force Per Unit Time.

SPECIFICITY OF MOVEMENT SPEED: As the speed of the exercise increases, joint load decreases.

*** LOAD CAN VARY TO KEEP THE SPEED OF THE EXERCISE APPROPRIATE.**

*** SETS AND REPETITIONS OF EXERCISE SHOULD BE FLEXIBLE: SETS CAN RANGE FROM 3-6, WITH REPETITIONS 10-30**

