



So How Do Muscles Get **STRONGER?**

1 Maximal Weight

Lift heavy enough weight, or great enough resistance, to trigger the high-threshold, type II motor units.

2 Fewer Reps

Greater resistance will reduce the number of repetitions you will be able to perform.

3 The Rest Interval

Two to five minute rest intervals

So How Do Muscles Get **BIGGER?**

1 Protein Degradation

Resistance training initiates protein degradation, the breakdown of muscle tissue.

2 Higher Reps

Use a weight that is not only heavy, but also one that we can lift for a high number of repetitions.

2 And... The Rest Interval

Recommendation for hypertrophy is 30 to 90 second rest intervals.