

Advanced Hypertrophy Concepts

Novel Hypotheses

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High Carb Low Fat Massing

- HUGE Credit to Broderick Chavez on formative version of these ideas
- Standard ideas:
- Protein must meet needs (2g per kg, etc... no longer part of this discussion)
- Carbs must meet activity needs (inc daily activity and training... 2-6g per kg)
- Fats must be at minimum at least (0.6g per kg) but fill in gap for mass phase calories

High Carb Low Fat Massing

- Hypothesis:
- Protein is constant, carb needs met, next question is...
- ... how to fill calorie gap? More protein? More Carbs? More Fats?
- Protein: Excess not advantageous for muscle growth.
- Fats: Cheap, easy, tasty. Excess past muscle growth needs has no positive hormonal effect, BUT vast majority stored as fat.
- Carbs: Excess will lead to fat storage but not directly as much as excess dietary fat.
- Carbs: Secrete INSULIN which is anabolic to fat AND MUSCLE

High Carb Low Fat Massing

- Advantage of filling calorie needs w carbs: insulin will drive more muscle anabolism, recovery maxed out.
- Excess dietary fat JUST goes to adipose. But excess dietary carbs do as well AND stimulate SOME extra muscle growth via insulin.
- Net possible result: high carbs low fats lead to MORE muscle per kg gained, thus less fat?
- Diabetic outcomes? (Unlikely via rat studies fat overfeeding)
- Implications: “Clean eating?” back again? At least IIFYM looks very different than usual high fat junk.

Training Frequency Over the Career Span

- Point 1: MEV just above MV for beginners, close to MRV for ultra advanced (draw out this implication)
- Point 2: Beginners recover quickly, ultra advanced slowly
- Point 3: Homeostatic Disruption required to grow beginners is low, ultra advanced is very high
- Point 4: Beginners have short warm up and few nagging injuries, ultra advanced long warmup and plenty of nagging injuries
- Point 5: High single session volumes too high for beginners, ok for advanced
- Point 6: Neural training (high frequency) good for beginners, moot for ultra advanced

Training Frequency Over the Career Span

- Possible Implication: *Overload* frequency might fall over career span.
- Example:
- 1-2 years: Whole body 4x per week
- 2-5 years: Upper/lower 3x each per week
- 5-10 years: Push Legs Pull 2x each per week
- 10-15 years: Push Legs Pull 2x biased per week
- 15+ years: 1x per week dedicated bodyparts w recovery work
1x per week????

DOMS and Hypertrophy

- Point 1: Direct studies on “damage bad for growth” are in untrained individuals who get overreached easily
- Point 2: At least one histological study implies DOMS IS GROWTH
- Point 3: SOME Damage and growth linked in multiple reviews of literature
- Point 4: The very NATURE of overload implies damage should be SOME factor, esp for non-beginners
- Point 5: Same things that cause growth also cause DOMS...
 - Increasing Volume, Increasing Intensity, Compound Basics, Exercise Deletion and Replacement (Novelty and the hilariousness of social media contradiction on this point), Metabolite Sequestration, EAL, Antiinflammatories (inverse), Muscle Specificity (glutes got sore from lunges...thus lunges grow glutes)

DOMS and Hypertrophy

- Counterpoint 1: MRV-Needless Disruption = MAV
- Counterpoint 2: Elongation of SRA for no reason just to heal OR disruption of overload if training while sore
- Likely Conclusion: Start meso with barely sore at all or not sore, finish with VERY (but not insanely sore). Ave soreness can be mid-range (“twinge” aka 2-3 days to fully heal)
- Some muscles don’t get sore and that’s ok
- BIG lesson: if you avoid soreness entirely or don’t pay it any mind you could be under-training. If you chase DOMS like wild, you’re likely overreaching too often

Nutraceutical Concordance over the Macrocycle

- Training structure by itself is tough to figure out
- Diet structure by itself is tough to figure out
- BUT WHAT ABOUT TOGETHER????

- Points:
 - Point 1: Low Volumes no good for fat loss or muscle mass gain
 - Point 2: Body gets resistant to muscle gain nutritionally
 - Point 3: Body gets resistant to muscle gain in training

Nutraceutical Concordance over the Macrocycle

- Mass Phase: Highest Volumes
- Maintenance Phase: Lowest Volumes
- Fat Loss Phase: Moderate-High Volumes
- Cut-Mass Transition: PROBLEM
- Problem: Nutrition Sensitivity is HIGH, Training Sensitivity is LOW after cut
- BUT: End of Cut: Not HIGHEST volumes due to lowered MRV
- AND: Nutritional influx of beginning of mass is POWERFUL in promoting recovery
- Solution?: Ultra high meso post-cut, then maintain or very slow mini cut, THEN conventional mass

Macrocycle Outline

- 1.) Super Volume Mass (poss metabolite, best time to bring up weak points)
- 2.) Low Volume Easy Cut
- 3.) Moderate Volume Mass (Same volume as top end cut)
- 4.) Low Volume Maintenance
- 5.) Moderate Volume Cut

