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HOW TO STIMULATE MUSCLE HYPERTROPHY



Muscle hypertrophy is a scientific way of saying muscle growth. So what exactly is hypertrophy?

Simply put, hypertrophy is the increase in the size of organ or tissues through the enlargement of cells that comprise it.

What should you keep in mind while training your muscles for hypertrophy?

- ✓ Emphasize heavy weightlifting.
- ✓ Focus on multiple compound exercises.
- ✓ Make sure that you are progressing.

TOP 3 WAYS TO STIMULATE HYPERTROPHY

There are certain things you can do to stimulate hypertrophy and build muscle fast. Here are the top 3:

01. Progressive Tension Overload

You can stimulate hypertrophy by **increasing tension levels in the muscle fibers**. The most effective way to do this is by increasing the amount of weight you're lifting over a period of time.

02. Muscle Damage

This refers to actual damage caused to the muscle fibers ("microtears"). The damage must be repaired and if the body is provided with proper nutrition and rest it will adapt to better deal with what caused the damage.

03. Metabolic Stress

This refers to working muscle fibers to their metabolic limits through the repetition of actions to muscular failure.

THE BOTTOM LINE ON HYPERTROPHY

1

We should emphasize heavy weightlifting in our training.

2

We should focus on multiple-joint compound exercises.

3

We should ensure we are progressing.

Regardless of rep range or exercise selection or anything else, you *must* ensure you're progressing over time.

And that means gaining reps with given weights, which eventually allows you to add weight to the bar, gain reps with that new weight, and so forth.

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