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Muscle Hypertrophy is the scientific name of the process by which muscles grow as a result of physical training (with the proper nutrition). Basically, the body responds to minor damage done to the muscles during physical exertion by repairing this damage during rest and builds up the muscle to be able to better withstand similar exertions in the future.

Mass And Strength: Muscle Hypertrophy

Simeon Panda How and when did you start training? I started lifting at the age of 16, I was a skinny teenager inspired by another pupil at the college I went to who's™ physique I had never seen the likes of before.

CutAndJacked.com Interview: Simeon Panda

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MASS GAIN 2 Gym Jones Training Plan This month is dedicated to Mass Gain and Hypertrophy. There are four 'hard' days per week: two are dedicated to upper body work and two are dedicated to lower body work.

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After the first month, you'll assess your progress and either stay the course with the original meal plan (Mass Plan A) or switch to option B or C, depending on how much you're gaining and where. Before you start, however, you'll need to take measurements of your biceps, thighs and waist.

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