

Hypertrophy vs Strength



Goals and Body Dysmorphia

Everyone is not built the same way, we all are genetically different. You won't look like anyone else but yourself. Don't let that stop you from achieving your goals.



How do you train for hypertrophy?

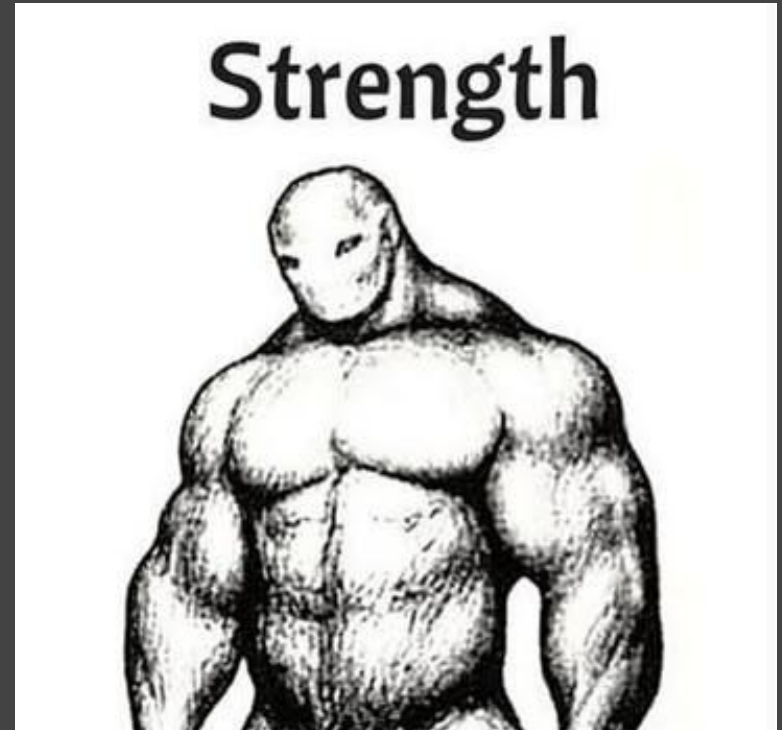
- In reference to exercising hypertrophy is the increasing size of the muscles
- Best trained with more than 5 reps
- All about targeting specific muscles

Hypertrophy



How do you train Strength?

- Strength mostly about compound movements
- Longer rest periods
- Shorter count of reps

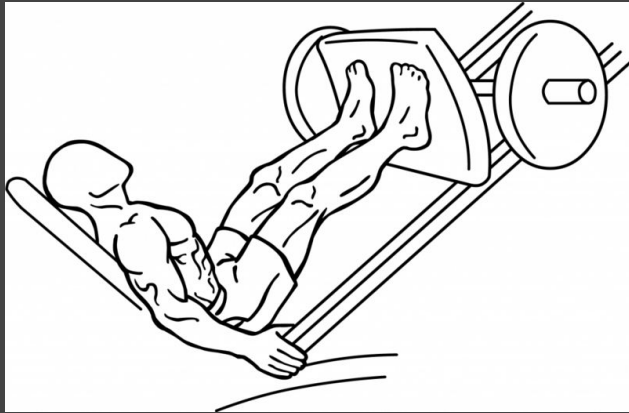
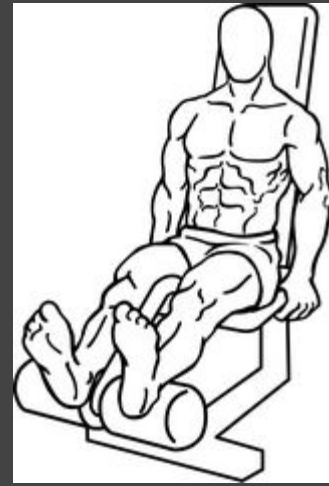


Video

<https://www.youtube.com/watch?v=fD4OyUDfL3U&t=184s>

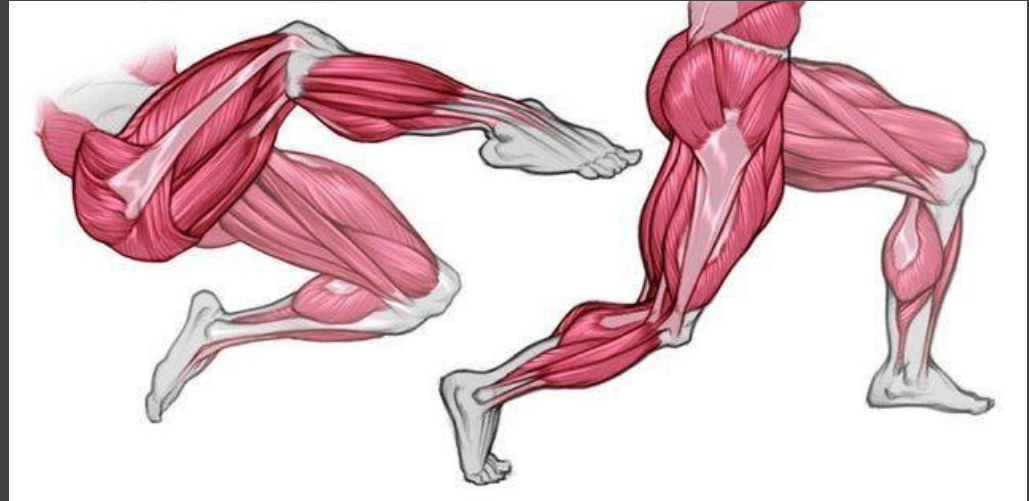
**You work
both even if
you train a
specific way**

Muscles of the week: Legs



Leg muscles

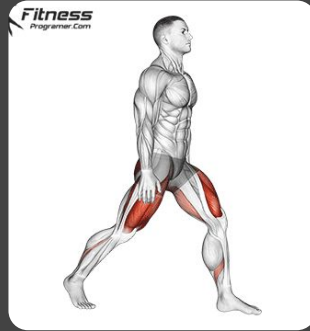
Leg day is no joke, your legs get worked everyday just by you walking, focusing on them intently will be hard but give tramindus results.



Leg Exercises



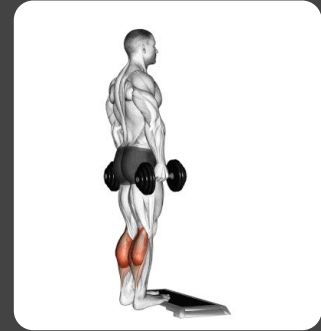
Squats



Lunges



Bulgarian
Lunges

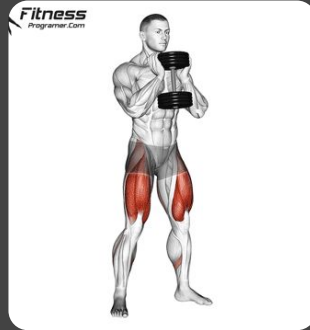


Calf raises

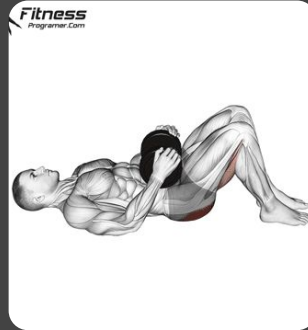
(More) Leg Exercises



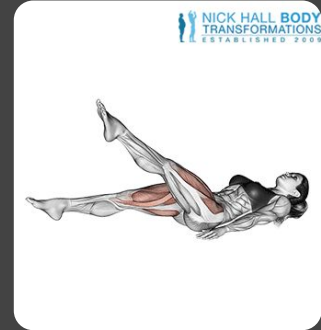
Wall sits



Goblet
squats



Glute
bridges



Flutter kicks