

Hypertrophy Guide

Exercise	MV in sets per weeks (Maintenance Volume)	MEV (Minimal Effective Volume)	MAV (Maximum Adaptive Volume)	MRV (Maximal Recoverable Volume)	Frequency (sessions per week)	Rep range	Rep range per week
Back	8 (4sets of horizontal pulls + 4sets of vertical pulls)	10	14-22	20-25	2-4x	6-15reps	MV=100 MEV=120 MAV=120-160 MRV=200+
Chest	8	10	12-20	22	2-3x	5-10reps (pressing) 10-20reps (isolation)	MV=80 MEV=100 MAV=120-180 MRV=200+
Biceps	4-6	8	14-20	26	2-4x	6-15reps	MV=40 MEV=60 MAV=100-180 MRV=200+
Triceps	4	6	10-14	18	2-4x	6-15reps (pressing) 10-20reps (extensions)	MV=40 MEV=60 MAV=100-150 MRV=200+
Rear delts	0 (if enough pulling movements)	8	12-22	26	2-5x	10-15reps	MV=40 MEV=80 MAV=160-220 MRV=250+
Side delts	6	8	12-22	26	2-3x	10-15reps	MV=40 MEV=80 MAV=160-220 MRV=250+
Front delts	0 (if enough push movements)	0 (Enough gains from push movements)	6-8 (for example overhead press)	12(e.g.from overhead presses)	1-2x	6-10reps	MV=0 MEV=0 MAV=50-70 MRV=90+
Traps	0 (as long as compound movements are done)	6 of direct work	12-20	24	2-4x	10-15reps	MV=0 MEV=60 MAV=100-180 MRV=200+
Abs	0 (if doing compound exercises)	0 (compound exercises are enough to grow)	12-20	25	2-4x	8-20reps	MV=0 MEV=140 MAV=160-250 MRV=250+
Glutes	0 (no direct work needed if squatting).	0 (again, they grow through squats, leg press etc.)	4-12	16 (also from direct work like Squats, Deadlifts, Lunges etc)	2-3x	8-12reps	MV=0 MEV=0 MAV=40-120 MRV=160+
Quads	6	8-10	12-18	20	1.5-3x	5-15reps	MV=60 MEV=80 MAV=120-180 MRV=210+
Hamstrings	4	6	10-16	20	2-3x	Romanian Deadlifts 6-10reps Leg curls 10-15	MV=60 MEV=80 MAV=120-180 MRV=210+
Calves	6 (direct work)	8	12-16	20	2-4x	5-10reps standing 10-20reps sitting	MV=60 MEV=80 MAV=120-160 MRV=200+

Hypertrophy Guide