

EVIDENCE-BASED TRAINING

HYPERTROPHY GUIDE

GAMENHOR

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The exact principles behind every program I build. Apply them immediately.

Progressive Overload

The Only Rule That Matters

If you only take one thing from this guide, let it be this: progressive overload is the single most important principle in all of resistance training. Without it, your muscles have no reason to grow.

WHAT IT ACTUALLY MEANS

Progressive overload means systematically increasing the demands placed on your muscles over time. Your body adapts to stress — once it has adapted, you must add more stress to keep growing. That's it. The entire game is making this happen consistently.

HOW TO APPLY IT — 3 METHODS

1

Add Weight

Increase the load on the bar or dumbbell. Most direct method. Use when you can complete all reps with good form and the last rep feels manageable.

2

Add Reps

If you can't add weight yet, do one more rep than last session. 8 → 9 → 10, then add weight and reset to 8.

3

Add Sets

Increase total volume by adding a set to an exercise. Best used periodically — not every single session.

THE KEY RULE

Track every session. Write down the weight, sets, and reps. Without data you can't know if you progressed. This is non-negotiable — whether it's a notebook, an app, or a spreadsheet.

Don't chase muscle soreness. Don't chase the pump. Chase progressive overload. If your numbers are going up week to week, you are growing — whether you feel it or not.

CHAPTER 02

Nutrition for Muscle Growth

Calories, Protein & Adjustments

Training is the stimulus. Nutrition is the recovery. Without adequate calories and protein, you can't build muscle — no matter how hard you train.

STEP 1 — FIND YOUR MAINTENANCE CALORIES (TDEE)

$$\text{TDEE} = \text{Bodyweight (lbs)} \times 10 \times \text{Activity Multiplier}$$

Sedentary (desk job, no exercise)	× 1.2
Lightly active (1–3 days/week training)	× 1.375
Moderately active (3–5 days/week)	× 1.55
Very active (6–7 days/week)	× 1.725

STEP 2 — SET YOUR CALORIE TARGET

Lean Bulk (gain muscle)	TDEE + 200–300 kcal/day
Fat Loss (cut)	TDEE – 300–500 kcal/day
Maintenance / Recomp	TDEE ± 0

STEP 3 — PROTEIN TARGET (NON-NEGOTIABLE)

Minimum 0.8g per lb of bodyweight per day. Optimal: 0.8–1g/lb.

Protein is the single most important macronutrient for muscle growth. If you hit nothing else, hit protein.

EXAMPLE MACRO SPLIT — 200 lb person, lean bulk (~2,800 kcal)

Macro	Grams	Calories	Notes
Protein	200g	800 kcal	0.8–1g per lb bodyweight
Carbs	350g	1,400 kcal	Fill remaining calories
Fats	67g	600 kcal	0.3–0.4g per lb bodyweight
TOTAL	617g	~2,800 kcal	—

WEEKLY ADJUSTMENT RULE

- Scale dropped <0.5 lb/week (bulk) → Add 150–200 kcal
- Scale rose >0.8 lb/week (bulk) → Remove 100–150 kcal
- Scale dropped >1 lb/week (cut) → Add 100–150 kcal (too aggressive)
- Scale moved 0.3–0.6 lb/week (cut) → Perfect, stay the course

Volume, Frequency & Intensity

What Actually Matters

VOLUME — HOW MUCH TO TRAIN

Volume = sets × reps × weight. For hypertrophy, 10–20 working sets per muscle group per week is the effective range for most people. Start at the lower end and add sets gradually over time.

Muscle Group	Minimum (sets/wk)	Optimal Range	Max Recoverable
Chest	8	10–16	20
Back	10	12–20	25
Quads	8	10–18	20
Hamstrings	6	8–14	16
Shoulders	8	12–20	22
Biceps	6	10–16	20
Triceps	6	10–16	18
Glutes	6	10–16	20
Calves	6	10–20	22

FREQUENCY — HOW OFTEN PER WEEK

Training each muscle 2x per week is superior to 1x per week for hypertrophy. This is why Push/Pull/Legs (5-day) or Upper/Lower (4-day) outperforms a traditional bro split for most people.

INTENSITY — REP RANGES & RIR

5–10 reps	Heavier loads — great for compounds (squat, bench, deadlift)
10–15 reps	Most hypertrophy research falls here — ideal for most exercises
15–20 reps	Effective for isolation work (laterals, curls, calves)

RIR — REPS IN RESERVE

Train within 1–3 reps of failure. You don't need to go to absolute failure every set — but you need to be close. Stopping at 5 reps left does nothing for hypertrophy.

The 3 Mistakes Killing Your Gains

Stop doing these today

Most people who train for years without results are making one or more of these mistakes. I've made all of them. Once you see them, you can't unsee them.

01

PROGRAM HOPPING

THE MISTAKE: Switching programs every 3–4 weeks because "it stopped working" or you saw something better online.

THE FIX: Pick a program. Run it for at least 12–16 weeks. Track your numbers. Consistency beats optimization every time.

02

NOT EATING ENOUGH PROTEIN

THE MISTAKE: Training 5 days a week religiously — but eating only 100g of protein per day.

THE FIX: Calculate 0.8–1g per lb of bodyweight and hit it every single day — not just on training days.

03

NO PROGRESSIVE OVERLOAD

THE MISTAKE: Doing the same weight, same reps, same sets, week after week — and wondering why the body doesn't change.

THE FIX: You must increase the demand over time — even by small increments. Track every session.

How to Run Your First Lean Bulk

Step-by-step framework

A lean bulk means eating in a controlled caloric surplus to maximize muscle gain while minimizing fat gain. The goal is NOT to eat as much as possible — it's to eat just enough to grow.

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| 01 | FIND YOUR TDEE
Calculate your Total Daily Energy Expenditure (see Chapter 02). This is your baseline — your maintenance calories. |
| 02 | ADD 200–300 CALORIES
A small surplus of 200–300 kcal/day is sufficient for lean muscle gain. More than this just accelerates fat gain without improving muscle gain rates. |
| 03 | SET PROTEIN AT 0.8–1G/LB
Non-negotiable. At a minimum 0.8g per lb of bodyweight. Higher protein protects muscle and improves body composition even in a surplus. |
| 04 | TRACK WEEKLY WEIGHT (MORNING)
Weigh yourself every morning after using the bathroom, before eating. Take the weekly average. Target: ~0.3–0.6 lbs/week increase. |
| 05 | ADJUST BASED ON DATA
Not gaining? Add 150 kcal. Gaining too fast (>0.7 lb/week)? Remove 100–150 kcal. The data tells you what to do — not how you feel. |
| 06 | RUN IT FOR AT LEAST 12 WEEKS
Bulking for 3 weeks and switching to cut because you "feel fat" is how people never build muscle. Commit to 12–16 weeks minimum. |

BONUS

My Supplement Stack

No affiliate links. No brand deals. Just what actually works.

Supplements are the last 5% — not the first thing to focus on. Training, nutrition, sleep, and consistency come first. That said, a few supplements have strong enough research to be worth recommending.

CREATINE MONOHYDRATE TIER 1 — BUY THIS	3–5g per day. No loading phase needed. One of the most well-researched performance supplements in existence. Increases strength, improves training capacity, supports muscle growth. Buy the cheapest unflavored powder you can find — brand doesn't matter.
WHEY PROTEIN TIER 1 — USEFUL	Not magic — it's just food. Use it to hit your daily protein target if you struggle to get enough from whole foods. 1 shake ≈ 25g protein. If you're lactose intolerant, use lactose-free whey or a plant-based blend (pea + rice).
CAFFEINE / PRE-WORKOUT TIER 2 — OPTIONAL	3–6mg per kg bodyweight before training. Proven to improve performance. Tolerance builds fast — cycle it. Black coffee works just as well as any pre-workout at a fraction of the price.
VITAMIN D3 + K2 TIER 2 — WORTH CONSIDERING	Most people are deficient, especially in low-sunlight climates. Deficiency linked to reduced testosterone and impaired immune function. 2,000–5,000 IU D3 with 100mcg K2 daily.
FISH OIL TIER 2 — OPTIONAL	Anti-inflammatory, supports joint health, modest evidence for muscle protein synthesis. 2–3g EPA+DHA per day. More useful the older you are or the higher your training volume.
MAGNESIUM GLYCINATE TIER 3 — SITUATIONAL	Only if you're deficient (very common). Supports sleep quality, testosterone function, and muscle recovery. 300–400mg before bed is worth trying if you sleep poorly or train hard.

WHAT NOW?

Put It Into Action

You now have the framework. Progressive overload. Adequate protein. Proper training volume. No program hopping. A structured lean bulk. Supplements that actually work. This is more than 90% of gym-goers will ever understand.

YOUR 3 ACTION STEPS

1

Pick a program and commit to it for 12+ weeks

Push/Pull/Legs, Upper/Lower, or Full Body — any structured program that tracks progressive overload.

2

Calculate your calories and protein today

Use the TDEE formula from Chapter 02. Set your protein at 0.8–1g/lb. Start tracking tomorrow.

3

Record every single training session

Date, exercise, weight, sets, reps. Compare to last session every time you train. This is the whole game.

WANT TO GO FURTHER?

This guide gives you the principles. My programs give you the complete execution: sets, reps, progressive overload built in, nutrition framework, video tutorials for every exercise, and substitution tables.

Basic Plan — \$25

Complete training & nutrition system. 3, 4 or 5-day split. PDF + video tutorials.

Follow-Along — \$80

4 weeks of personal coaching on top of the Basic Plan. Weekly reviews + bonus custom nutrition plan.

1:1 Coaching — \$200/mo

Fully personalized program, nutrition plan, weekly reviews, and daily Telegram access.

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