The Use of Specialized Training Techniques to Maximize Muscle Hypertrophy

References


growth factor is preferentially induced by growth hormone in growth hormone-deficient lit/lit mice. J
37. Ikai M and Fukunaga T. Calculation of muscle strength per unit cross-sectional area of human muscle by
38. Izquierdo M, Ibanez J, Gonzalez-Badillo JJ, Hakkinen K, Ratamess NA, Kraemer WJ, French DN,
Eslava J, Altadill A, Asianin X, and Gorostiaga EM. Differential effects of strength training leading to
failure versus not to failure on hormonal responses, strength and muscle power increases. J Appl Physiol
100, 1647-1656, 2006.
40. Kamimura T, Yoshioka K, Ito S, and Kusakabe T. Increased rate of force development of elbow flexors by
41. Kelleher AR, Hackney KJ, Fairchild TJ, Keslacy S, and Ploutz-Snyder LL. The metabolic costs of
reciprocal supersets vs. traditional resistance exercise in young recreationally active adults. J Strength
42. Kosek DJ, Kim JS, Petrella JK, Cross JM, and Bamman MM. Efficacy of 3 days/wk resistance training
on myofiber hypertrophy and myogenic mechanisms in young vs. older adults. J Appl Physiol 101:
43. Kraemer WJ, Häkkinen K, Newton RU, Nindl BC, Volek JS, McCormick M, Gotshalk LA, Gordon SE,
Fleck SJ, Campbell WW, Putukian M, and Evans WJ. Effects of heavy-resistance training on hormonal
44. Kramer HF and Goodyear LJ. Exercise MAPK, and NF-kappaB signaling in skeletal muscle. J Appl
45. Linnamo V, Strojnik V, and Komi PV. EMG power spectrum and features of the superimposed M-wave
during voluntary eccentric and concentric actions at different activation levels. Eur J Appl Physiol
47. Maynard J and Ebben WP. The effects of antagonist prefatigue on agonist torque and electromyography.
48. McCall GE, Byrnes WC, Dickinson A, Pattany PM, and Fleck SJ. Muscle fiber hypertrophy, hyperplasia,
49. McCall GE, Byrnes WC, Fleck SJ, Dickinson A, and Kraemer WJ. Acute and chronic hormonal responses
50. McHugh MP, Connolly DA, Eston RG, and Gleim GW. Electromyographic analysis of exercise resulting
in human skeletal muscle in young men after maximal shortening and lengthening contractions. Am J
53. Nardone A, Romanò, C, and Schieppati M. Selective recruitment of high-threshold human motor units
54. Norrbrand L, Fluckey JD, Pozzo M, and Tesch PA. Resistance training using eccentric overload induces


From *Strength and Conditioning Journal*:
Volume 33, Number 4, pages 60-65.