

The Brookbush Institute Publishes a NEW Course: 'Hypertrophy Training: Evidence-based Model'

The Brookbush Institute continues to enhance education with new articles, new courses, a modern glossary, an AI Tutor, and a client program generator.

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-- Excerpt from Course: [Hypertrophy Training: Evidence-based Model](#)

- Related Article: [Range of Motion \(ROM\) and Hypertrophy: Systematic Review](#)

- Related Glossary Term: [Hypertrophy](#)



Hypertrophy Training: Evidence-based Model -
<https://brookbushinstitute.com/courses/hypertrophy-training-evidence-based-model>

EVIDENCE-BASED HYPERTROPHY TRAINING RECOMMENDATIONS:

This course was developed to answer a simple but surprisingly unsettled question: What does the total body of research actually say about training for muscle growth? Rather than relying on expert opinion, mechanistic hypotheses, or trending “guru” beliefs, this course integrates hundreds of peer-reviewed and published studies to develop evidence-based, best-practice recommendations. Don't learn “one magic protocol.” Instead, learn how acute variable ranges influence hypertrophy. Our systematic review demonstrates that many programs will “work”; however, “slightly better” options for each acute variable likely add up to significantly better outcomes over months and years.

Throughout the course, outcomes are emphasized over mechanisms. Mechanistic hypotheses (e.g., specific fiber-type recruitment, metabolite accumulation, or hormonal spikes) can be useful for generating ideas, but they are only valuable if they lead to recommendations that improve actual training outcomes. Wherever possible, recommendations are based on studies that directly compare practical programming decisions: full versus partial ROM, lighter versus heavier loads, short versus long rest intervals, single versus multiple sets, periodized versus non-periodized routines, and various set strategies and exercise orders.



This is likely the first comprehensively evidence-based and outcome-driven hypertrophy training model. Prior models have failed to achieve this standard for several addressable reasons."

Dr. Brent Brookbush, CEO of Brookbush Institute

This course also highlight instances of research not supporting popular trends. For example, this course addresses oversold concepts such as very high-volume training, complex block periodization for all populations, rest-interval prescriptions based on "goal," the supposed superiority of lengthened partials, and exotic set structures to maximize hypertrophy. In many cases, these strategies add complexity without reliably improving outcomes, and in some cases, these strategies actually result in worse outcomes.

By the end of this course, students will be able to:

- Understand how each modifiable acute variable

influences hypertrophy outcomes.

- Build programs that place most training time in optimal acute variable ranges. (e.g., moderate and heavy loads, moderate rep ranges, sets to or near failure, full ROM, longer rests, and 3–5 sets per muscle group per session).
- Decide when to integrate advanced strategies, such as drop sets, circuits, or undulating periodization, and when they are unnecessary.
- Evaluate existing hypertrophy programs, identify which recommendations are optimal or suboptimal, and systematically adjust variables to improve expected value (reliability × effect size) for a given client, patient, or athlete.

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