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Muscle hypertrophy involves an increase in size of skeletal muscle through a growth in size of its component cells. Two factors contribute to hypertrophy: sarcoplasmic hypertrophy, which focuses more on increased muscle glycogen storage; and myofibrillar hypertrophy, which focuses more on increased myofibril size.

## **Muscle hypertrophy - Wikipedia**

The emerging theory behind skeletal muscle hypertrophy is that a bout of exercise causes protein degradation or damage (myotrauma), which leads to a period of enhanced protein synthesis or supercompensation when the bout ceases (Zatsiorsky, 1995).

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Frequency. Training a muscle group 2-3 times per week seems to be better than 1 time per week for hypertrophy 1 1x per week is typical for the bro-split. In terms of strength, the picture is more unclear.

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