

# Avoid Weight Training Plateaus & Helping Nonresponders | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/481489>

## Summary

The video discusses certain muscle groups that are easy to contract without any load, such as the lats. It explains that activating the lats can be difficult and requires practice over a period of months or years. Genetics and early development through sports and activities can influence the ease or difficulty of muscle activation. For hypertrophy, it is recommended to perform 10 to 20 working sets per week. If adaptations are not observed, adjustments to the style and amount of repetitions per set, as well as considering factors like intensity, sleep, and nutrition, may be necessary.

## Silo sample questions

- What are some muscle groups that are easy to contract without any load?
- Why is it common to have difficulty activating the lats?
- What factors can contribute to the ease or difficulty of muscle activation?
- How many working sets per week are recommended for hypertrophy?
- What can be done if adaptations are not seen with a certain training protocol?

## Topics

Muscle activation

Lats

Genetics

Hypertrophy

Training adaptations

## Key Takeaways

- Certain muscle groups like the lats are easy to contract without any load.
- Activating the lats can be difficult and may take many months or even years of practice.
- Genetics and early development (through sports and activities) can influence the ease or difficulty of muscle activation.
- 10 to 20 working sets per week are recommended for initiating and maintaining hypertrophy.
- If adaptations are not seen, adjusting the style and amount of repetitions per set, as well as considering factors like intensity, sleep, and nutrition, may be necessary.

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