

# How to Build Muscle | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/954243>

## Summary

The video discusses the topic of hypertrophy, which is the growth of muscles for aesthetic reasons. It explains that more men and women are using resistance training for hypertrophy. The ways to induce hypertrophy include hormonal and nutritional factors. There are countless styles of training that work for hypertrophy because the adaptations for hypertrophy are more well-rounded. The three variables to consider for inducing hypertrophy are frequency, intensity, and volume. Breakdown and muscle damage are not required for hypertrophy. The nucleus needs amino acids and carbohydrates as resources to build new skeletal muscle.

## Silo sample questions

- What are the ways to induce hypertrophy?
- Why are there countless styles of training that all work for hypertrophy?
- What are the three variables to consider for inducing hypertrophy?
- Are breakdown and muscle damage required for hypertrophy?
- What resources does the nucleus need to build new skeletal muscle?

## Topics

Hypertrophy

Resistance Training

Stimuli for Inducing Hypertrophy

Types of Training for Hypertrophy

Factors for Muscle Growth

## Key Takeaways

- The ways to induce hypertrophy are by giving the muscle the stimuli it needs, such as hormonal factors and nutritional factors.
- There are countless styles of training that work for hypertrophy because the adaptations for hypertrophy are more well-rounded compared to changes in strength and power.
- The three variables to consider for inducing hypertrophy are frequency, intensity, and volume.
- Breakdown and muscle damage are not required for hypertrophy. One of the three variables (frequency, intensity, volume) is enough.
- The nucleus needs amino acids as the supply and carbohydrates as the energy source to build new skeletal muscle.

[Click here for the full transcript](#)

[Click here for the source](#)