

# How to Build Muscular Strength & Power | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/984775>

## Summary

The transcript discusses the general parameters for an excellent power and strength training program. The first modifiable variable is the choice of exercises, which should focus on movements rather than individual muscle groups. The recommended number of sets per workout is generally 3 to 5. Cardiovascular training and other fatiguing exercises should not be done before power and strength training. Super setting, which involves alternating between exercises for different muscle groups, can be used to cut down on training time, but may not be ideal for maximum strength adaptations.

## Silo sample questions

- What is the first modifiable variable for a power and strength training program?
- What should be the main focus when selecting exercises for strength development and power?
- What is the recommended number of sets per workout for power and strength training?
- Should cardiovascular training and other fatiguing exercises be done before power and strength training?
- What is super setting and when can it be used in power and strength training?

## Topics

modifiable variables  
exercise selection  
volume and intensity  
exercise order  
super setting

## Key Takeaways

- The first modifiable variable is choice of exercises.
- The main focus should be on movements rather than individual muscle groups.
- The recommended number of sets is generally 3 to 5, but can vary depending on the individual.
- No, cardiovascular training and other fatiguing exercises should not be done before power and strength training.
- Super setting is when you alternate between exercises for different muscle groups. It can be used to cut down on training time, but may not be ideal for maximum strength adaptations.

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