Building Strength vs Building Muscle Size (Hypertrophy) | Dr. Andy Galpin & Dr. Andrew Huberman

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Summary

Strength training focuses on increasing the ability to move more weight, while hypertrophy training focuses on increasing the size of muscle fibers. There is a strong relationship between strength and hypertrophy, especially for beginners and intermediate trainers. However, as training progresses, they become more disentangled. Strength and hypertrophy are not the same thing, as strength is a measure of force and function, while hypertrophy is a measure of muscle size without necessarily indicating strength. It is possible to get stronger without adding much muscle mass, as strength is influenced by factors such as neuromuscular ability, mechanics, technique, and skill. The main components of strength are physiology (neuromuscular ability and muscle fiber contractility) and mechanics (biomechanics, technique, skill).

Silo sample questions

- What is the difference between training for strength and training for hypertrophy?
- Is there a relationship between strength and hypertrophy?
- Are strength and hypertrophy the same thing?
- Can you get stronger without adding muscle mass?
- What are the main components of strength?

Topics

Strength
Hypertrophy

Key Takeaways

- Training for strength focuses on increasing the ability to move more weight, while training for hypertrophy focuses on increasing the size of muscle fibers.
- Yes, there is a strong relationship between strength and hypertrophy, especially for beginners and intermediate trainers. However, as training progresses, they become more disentangled.
- No, they are not the same thing. Strength is a measure of force and function, while hypertrophy is a measure of muscle size without necessarily indicating strength.
- Yes, it is possible to get stronger without adding much muscle mass. Strength is influenced by factors such as neuromuscular ability, mechanics, technique, and skill.
- The main components of strength are physiology (neuromuscular ability and muscle fiber contractility) and mechanics (biomechanics, technique, skill).

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