

## Strength Training

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Alex Bromley

[https://youtu.be/4QV\\_mtT5-IU?  
si=dreMxacm59T3rUhY](https://youtu.be/4QV_mtT5-IU?si=dreMxacm59T3rUhY)

Flow high performance

[https://youtu.be/YC4nhESWFL8?si=JCVtud-  
kGfC84t-Z](https://youtu.be/YC4nhESWFL8?si=JCVtud-kGfC84t-Z)

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## Hypertrophy Training

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Dr mike- mesocycle design for hypertrophy

[https://youtu.be/3FmylztDG7M?  
si=PmX4hgEPxzeeR\\_RJ](https://youtu.be/3FmylztDG7M?si=PmX4hgEPxzeeR_RJ)

Hypertrophy programming- flow high  
performance

[https://youtu.be/nmMaBv5QF3g?  
si=dt1nZEXop\\_AZTl6M](https://youtu.be/nmMaBv5QF3g?si=dt1nZEXop_AZTl6M)

Long term periodization from flow high performance

[https://youtu.be/6liRav3WzC4?  
si=1e2jvgA5fO3gwbYu](https://youtu.be/6liRav3WzC4?si=1e2jvgA5fO3gwbYu)

Dr mike- volume is intensity

[https://youtu.be/RvgQ4dUUAT8?  
si=I10KjwEDN3tMoQbq](https://youtu.be/RvgQ4dUUAT8?si=I10KjwEDN3tMoQbq)

Periodization methods:

Step load vs wave vs linear

[https://youtu.be/m1wSYxoy008?  
si=RiPDK\\_StZZYH1\\_DB](https://youtu.be/m1wSYxoy008?si=RiPDK_StZZYH1_DB)

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Undulating periodization:

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Chad westley

[https://youtu.be/LbmCDI\\_EHKY?  
si=wNdm3gcA9no\\_W\\_08](https://youtu.be/LbmCDI_EHKY?si=wNdm3gcA9no_W_08)

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How to Deload:

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Dr Mike Isratael

[https://youtu.be/Dt6ok24VBpg?  
si=EjgCV9NMWc6TkqEq](https://youtu.be/Dt6ok24VBpg?si=EjgCV9NMWc6TkqEq)

The deload roundtable - revive stronger

[https://youtu.be/V5iwggPO-S0?  
si=hzMZIRV5KPY8zsPp](https://youtu.be/V5iwggPO-S0?si=hzMZIRV5KPY8zsPp)

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Rep Ranges explained:

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Rep ranges - Dr mike

[https://youtu.be/DupQfkoI-Sc?  
si=eIBDQhIFsDDY4vj7](https://youtu.be/DupQfkoI-Sc?si=eIBDQhIFsDDY4vj7)