## Intro

This introductory section is just a short list of my personal memory cues of original article (https://renaissanceperiodization.com/training-volume-landmarks-muscle-growth/). NOT a replacement (or even TL;DR) of the original article. Please read the original article to fully understand the system. Otherwise, the chart is not much help.

## Mesocycles

Structuring mesocycles- start with MEV, end with or just above MRV then deload.

## "Sets"

- Means working sets. Working sets means that they are:
    - Between 60%1RM and 80%1RM on average
    - Between 8 reps per set and 20 reps per set on average
    - Between 4 reps and 1 rep away from concentric muscular failure

## 4 main concepts:

1. MV – Maintenance Volume – maintain current level of muscular size
2. MEV – Minimum Effective Volume – least you can do to grow
3. MAV – Maximum Adaptive Volume – range to make best gains
4. MRV – Maximum Recoverable Volume- most you can do and still recover (i.e. if you cannot repeat same performance next session, you are above MRV)

- Values provided for these 4 by Dr MI are ROUGH averages. Find your own (record your training and analyse it to fine tune it)
- Values will change for you (depending on things like recovery [sleep, nutrition], stress, current body weight etc)
- These also change depending on intensity (e.g. MRV for quads might be 5 sets of near maximal squats, but 20 for sets of leg presses)
- Best way to assess if you're making gains is repetition strength – "Repetition strength is the most reliable performance correlate of muscle size".

# Chart for muscle groups

## Chart lexicon:

Using “month” as shorthand for mesocycle
Sets means direct sets (e.g. curls counts for biceps since it’s isolation. Close grip row does not as main mover of that exercise is back even though biceps are certainly stimulated by it)
Sets means sets per week/microcycle

| | MV | MEV | MAV | MRV | Frequency (How often a week?) | Intensity (How heavy?) | Notes |
|---|---|---|---|---|---|---|---|
| Biceps | **4-6 direct sets**<br>- If you’re used to training biceps directly | Intermediate-advanced lifters need at least **8 [direct] sets** of direct biceps work per week to make gains | **14 - 20** weekly sets | **20-26 sets**<br>- Depends on back training (back training provides massive stimulus) | **2-6 times a week**<br>- Split it up intelligently | Stick to mostly **8-15 rep range**<br>- Heavy work taken care of through back training.<br>- Occasionally use higher reps for metabolite work | - Use variation (exercise, loading, volume/relative intensity)<br>- Full ROM<br>- Metabolite techniques occasionally<br>- Periodize (vary intensity and volume month to month; also strength train once in a while to resensitize to hypertrophy) |
| Back | **8 sets**<br>- Split evenly between horizontal & vertical | Intermediate-advanced lifters need at least **10 sets** of direct back work per week to make gains.<br>More for some | **14 - 22** weekly sets | Usually around **25 sets** | **2-4 times a week**<br>- Can have one very heavy session a week (rest are v light)<br>OR<br>- Smaller, multiple sessions a week | Range varies wildly. **6-20** is fine.<br>- Back is a big group of different muscles. Therefore wide range is needed. | - Variation= use both horizontal and vertical<br>-Full ROM<br>- Metabolite techniques not v effective (high reps occasionally are)<br>- Periodize (vary intensity and volume month to month; also strength train once in a while to resensitize to hypertrophy) |

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| Abs | 0 sets<br>- Unless very advanced | 0 sets | **Depends on how much you do currently:**<br>- If you currently do nothing – **4-10 sets**<br>- If you do a lot of ab work - **16-20 sets** | Usually around **25 sets** | **3-5 times a week** | **8-20 reps per set**<br>- lower than 8 causes technique breakdown and increases risk for injury | - Variation (use 2 exercises per month; can vary reps day to day)<br>- Full ROM<br>- Metabolite techniques work well (drop sets and super sets)<br>- Periodize (vary intensity and volume month to month; also strength train once in a while to resensitize to hypertrophy. Strength training means sets of 6-10.) |
| Calves | **6 sets** (if already training calves) | **8 sets** | **12-16 sets** | **20 sets** | **2-4 times a week** | - 60-70% 1RM works best on average<br>- If no progress on above, it is possible to go up to 70-80% 1RM | - Variation (use 1 exercise per week; can vary reps day to day. IF doing 3-4 days of calves, then use 2 exercises)<br>- Full ROM critical (painful stretch)<br>- Metabolite techniques work well (short rest periods- 10 seconds; occlusion)<br>- Periodize (vary intensity and volume month to month; also strength train once in a while to resensitize to hypertrophy. Strength training means sets 70-85% 1RM.) |
| Chest | **8 sets** | **10 sets** | **12-20 sets** (required sets go lower when you choose barbell movements and/or when you are advanced) | **22 sets** (When your compound pressing strength for reps starts to decline, you'll easily be able to tell that you're over your MRV) | **1.5-3 times a week** | Large range:<br>- 8-12 is optimal<br>- Heavy sets of 5-8 is useful<br>- Metabolite sets (light weight & high reps) | - Variation (every mesocycle should have horizontal, incline and isolation movement in it)<br>- Full ROM critical (for both effectiveness and injury |

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| | | | | | | - Use high and low reps occasionally. stick to 8-12 most of the time. | prevention)<br>- Metabolite techniques are effective (most effective is isolation pre-exhaust before compound movement. This technique can also be supersetted-isolation then immediately compound. Drop sets and giant sets also work well<br>- Periodize (vary intensity and volume month to month; also strength train once in a while to resensitize to hypertrophy. Strength training means sets 70-85% 1RM. SPECIAL NOTE: it is useful to focus on horizontal or incline per mesocycle).<br>- Cool training tip for exercise order: Use isolation moves between compound exercises for “isolation sandwich”. Eg: BB BP, flyes, DB Incline Press. |
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Resources:

Original Article explaining MV, MEV, MAV, MAV - https://renaissanceperiodization.com/training-volume-landmarks-muscle-growth/

Ab training tips – https://renaissanceperiodization.com/ab-training/

Back training tips-https://renaissanceperiodization.com/back-training-tips-hypertrophy/

Biceps training tips- https://renaissanceperiodization.com/bicep-training-tips-hypertrophy/

Calves - https://renaissanceperiodization.com/calves-training-tips-hypertrophy/

Chest - https://renaissanceperiodization.com/chest-training-tips-hypertrophy/