

SETS FOR SIZE

New research review on the number of sets for max muscle size

You know that the staff here at *JOPP* have a passion for truth in training for strength and power. This is evident by their backgrounds: our editor in chief holds a master's and doctorate in exercise science, not to mention nine national titles in four different strength sports, powerlifting world records, etc.; and the editor holds a master's degree in exercise science and a second master's degree in nutrition. Thus, our staff not only have experience in reading research, but also in performing and applying research. In Vol. V-1 of *JOPP* we described a study by our editor showing that multiple sets of weight training resulted in superior strength gains over a single set, and we showed you where the point of diminishing returns for number of sets lies. However, what is not clear is exactly what causes these greater strength gains. It could be greater adaptations in your nervous system, or greater changes in muscle size, or both. Not content with only knowing the effects of set volume on strength, our editor performed a second study of the same nature, but this time looked at the effects of set volume on muscle size.

Power Key: single sets, multiple sets, muscle growth



Being big is part of being strong. A new research review tells you how many sets you need to perform in order to maximize your muscle size.

Original Research

Krieger, J. Single vs. multiple sets of resistance exercise for muscle hypertrophy: A meta-analysis. *Journal of Strength and Conditioning Research* 24:1150-1159, 2010.