

# HYPERTROPHY

*Meaning: Hypertrophy is the increase in the size of muscle fibers as a result of resistance training or physical stress.*

1. Hypertrophy occurs when muscle fibers increase in size due to resistance training.
2. The bodybuilder focused on hypertrophy to enhance his muscle mass for the competition.
3. After several months of consistent weightlifting, she noticed significant hypertrophy in her arms and legs.
4. Understanding the principles of hypertrophy can help athletes design effective training programs.
5. Hypertrophy can result from both mechanical tension and metabolic stress during exercise.

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