

True Tension Time

The Hidden Currency of Muscle Growth and How to Feed It

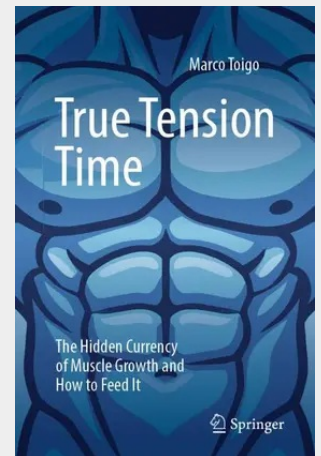
Repetitions, sets, weights, and even the oft-cited "Time Under Tension" describe what you do in the gym. On their own, however, they say little about how much muscle you will build or how strong you will become. How else could one explain why training philosophies that could hardly seem more opposed – from Dorian Yates's brutal HIT to Serge Nubret's volume-based approach – keep producing similar results?

This book resolves that contradiction through a biologically precise concept: the recruitment-time integral during full motor-unit recruitment, referred to here for simplicity as True Tension Time (TTT). It shows how load magnitude, rate of force development, and fatigue determine how much of a repetition actually counts toward TTT – and why very different training styles ultimately converge on the same hypertrophy-relevant currency.

Yet training stimulus alone is not enough. The book therefore also addresses protein nutrition. It explains why protein recommendations vary so widely by method and institution, why label values do not always match what your body can actually use, and how to determine the protein intake that best fits your aims.

In addition to providing a scientific explanation of both factors, this book also offers a practical guide for direct application in everyday training. For example it represents different recruitment strategies for practical program design, model combinations, and training sessions oriented toward effective TTT. This makes the book an essential resource for training enthusiasts who want to think beyond conventional approaches and are interested in effective strength and muscle development.

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