

TOP 10 HYPERTROPHY RESOURCES

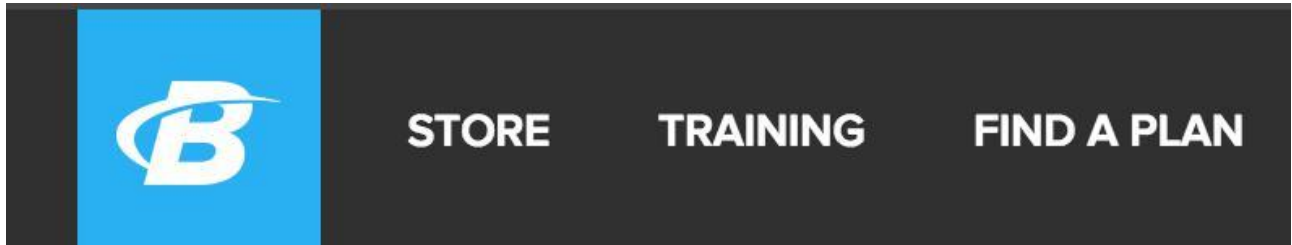


Inside you'll find:

- ✓ *Top tools*
- ✓ *Top forums and blogs*
- ✓ *Top tips and how to's*

1. Bodybuilding

www.bodybuilding.com



bodybuilding.com is one of the worlds best fitness sites, filled with a whole bunch of guides and tips, as well as a forum and public area where you can track your progress. This is one of the best ways to stay publicly accountable and to get fitness advice from more advanced athletes!

2. My Fitness Pal

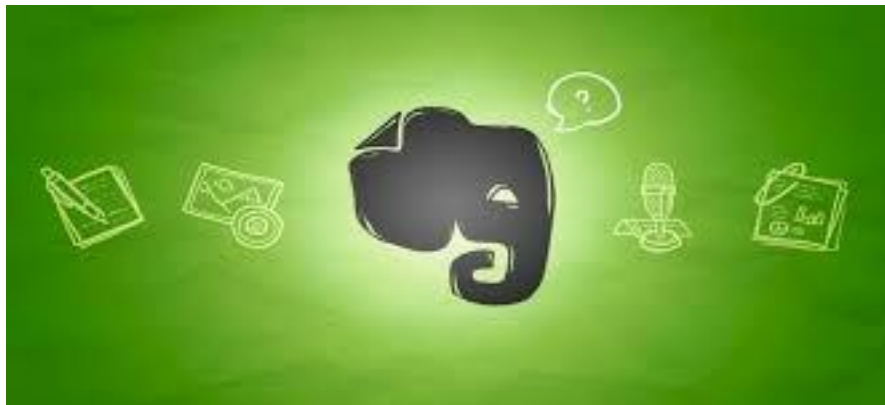
<https://www.myfitnesspal.com/>



My Fitness Pal is a really fantastic tool which you can use to help track the amount of calories and macros you are eating each day. All you need to do is input what foods you have eaten and they will do the rest. It also includes a really handy phone app so that you can update your journal as you go!

3. Evernote

www.evernote.com



Evernote is a great app if you love to have all your notes with you on-the- go. You can sync between all of your devices very easily and make changes from anywhere. I often use this to keep track of how much weight I am lifting in the gym and what cardio I did.

4. Stumptuous

<https://www.stumptuous.com/>



A really great fitness resource with lots of interviews and advice for weight lift-ing and strength training.

5. Ross Training

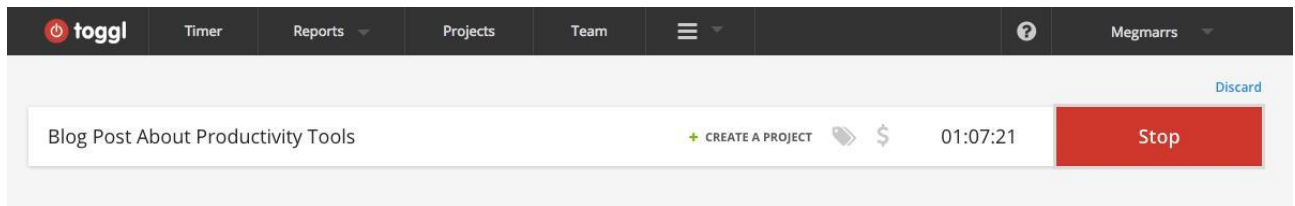
<http://rosstraining.com/blog/>



Ross Training is one of the internet's most well known training resources, that includes plenty of advice for beginners and advanced athletes alike.

6. Toggl

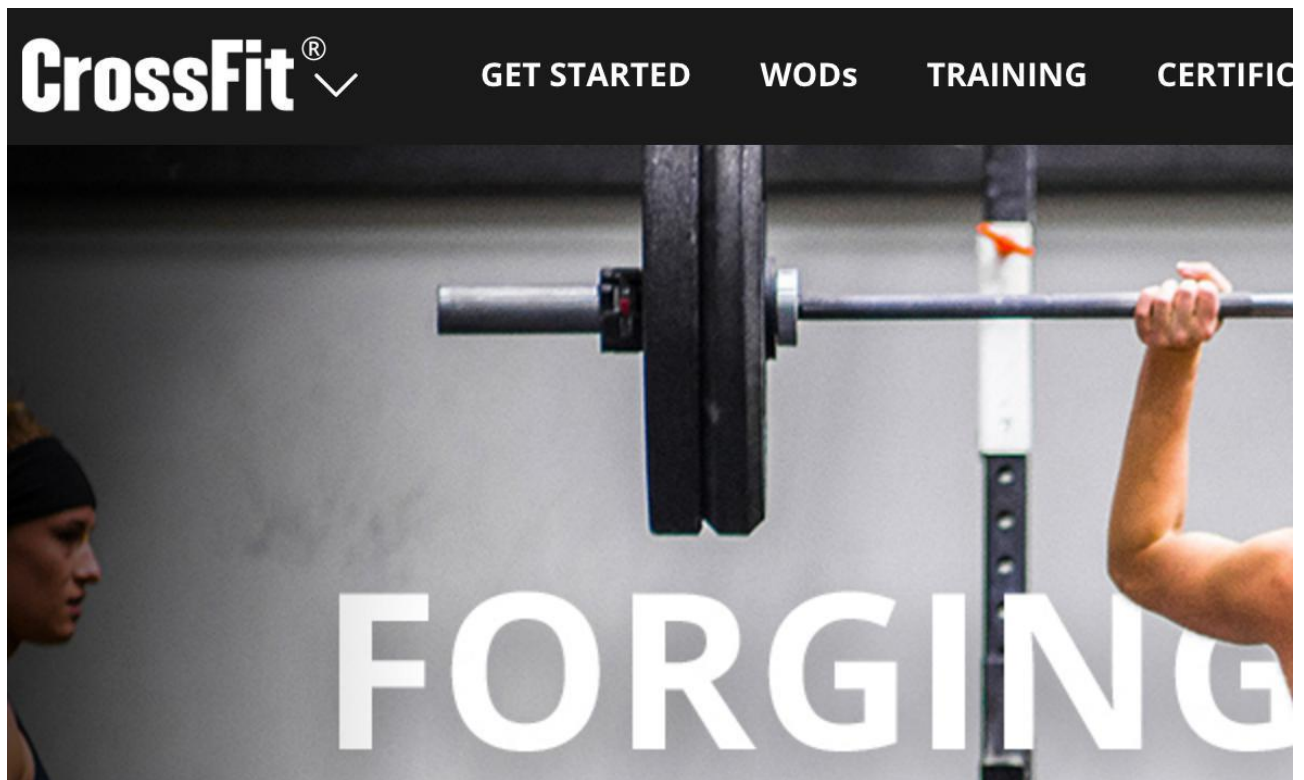
www.toggl.com



Toggl is a very simple timer which you can use to track how long it takes you to do a certain task. This can be used to record a fitness activity in the house.

7. Crossfit

<https://www.crossfit.com/>



Crossfit is one of the most popular types of exercise programs these days and there are more cross fit gyms opening everyday.

8. Greatist

<http://greatist.com/health/62-healthier-gluten-free-desserts>

Cakes and Pies



Greatist has a really good article on a bunch of gluten free desserts that you can make. Trust me, just try them! Most of them are very low in calories and can be a great way to treat yourself without ruining your diet.

9. 30 Dumbbell movements missing from your workout

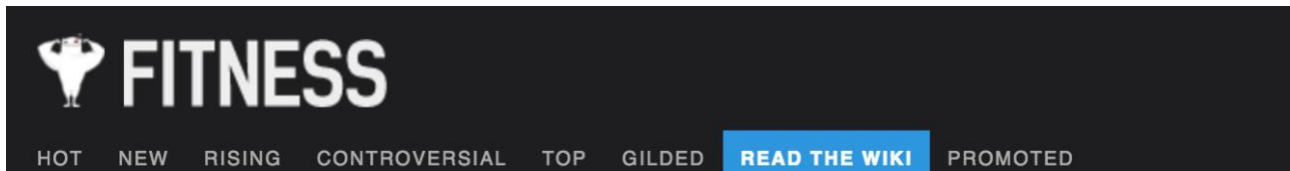
<http://greatist.com/fitness/30-dumbbell-exercises-missing-your-routine>



This is a great article which shows you some exercises you might be missing out on. They aren't always the best movements to be doing, but sometimes it's great to just mix it up for the sake of trying something new and not getting bored.

10. Reddit

<https://www.reddit.com/r/Fitness>



Reddit is generally a love or hate platform. But there's no denying that it has some of the best resources that are available on the internet. /r/fitness is a great way to keep up to date with fitness news and to also learn from a community of people who are more knowledgeable than yourself.