

Tricet Method to Increase the Hypertrophy Muscle

Abstract

Tricet method of weight training is an exercise that involves using three types of tools to train one group muscle in the sequence order, but with different types of exercises for each set and without breaks between sets. Exercise with this method is able to provide maximum response to a group of muscles that are trained so that the potential for muscle development is more optimal. This paper investigates this method by giving a treatment in the form of weight training with the tricet method to be carried out 3 times a week, with exercise intensity of 70% to 80% or One Maximum Repetition (1RM), 3 sets, and 8-12 repetitions with the aim of increasing muscle hypertrophy. The results of the pre and post-Test hypertrophy t-Test analysis of arm, chest, thigh, and calf muscles in the experimental group showed a significant difference ($p < 0.05$). This investigation concluded that weight training based on the tricet method is able to increase hypertrophy over body large muscle.