

GERMAN VOLUME TRAINING

German Volume Training isn't rocket science. There's no elaborate formulas to figure out, and no advanced training techniques to be mastered. GVT is built around three simple, core principles.

Core Principles of German Volume Training

1. One - Two Exercises: You perform only 1-2 exercises per body part, that's it. Stick with heavier, compound style lifts that tax major muscle groups. Because you will be performing a limited number of exercises per week, proper exercise selection is critical in maximizing the effects of GVT.
2. 100 Reps: For each exercise, you will be performing 10 sets of 10 reps, using ~60% of your one rep max for that lift. 10 reps will feel incredibly easy on your first 4-5 sets, and your ego may tell you to add a few pounds. Don't listen to your ego. Sets 8, 9 and 10 quickly ramp up the difficulty. If you fail on rep 7 of your last set then quickly strip 5 pounds and finish your set. When you can perform 10 clean sets of 10 reps, add 5 pounds to the bar the next time you use the same movement.
3. Rest Pause: You will be resting approximately 60-90 seconds between sets. Resist the urge to lower your rest periods under the 60 second mark. Limiting rest like this will force you to decrease the load. You're already working with weights slightly above half of your 1RM. It does you no good to use lighter weights than this. For most exercises, a 60 second rest works best. Exercises like squat and deadlift are extremely taxing on your CNS, and may require 90-120 seconds of rest at most. Do not rest longer than 2 minutes. Resting any longer between sets will severely reduce the anaerobic benefits of GVT. Take 2 off days weekly.

Day 1 Chest

Exercise	Set	Rep	Rest	Intensity/1RM
Flat dumbbell press	10	10	1 min	

Day 2 Back

Exercise	Set	Rep	Rest	Intensity/1RM
Lat pull down	10	10	1 min	

Day 3 Legs

Exercise	Set	Rep	Rest	Intensity/1RM
Legs press with variations in footsteps	10	10	1 min	

Day 4

Exercise	Set	Rep	Rest	Intensity/1RM
Overhead dumbbell press	10	10	1 min	

Day 5

Exercise	Set	Rep	Rest	Intensity/1RM
Cable curl	10	10	1 min	
Tricep pushdown	10	10	1 min	

The German Clabics Volume 1

S Ashworth

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