

INTRODUCTION

GERMAN VOLUME TRAINING.

Almost as popular as beer during Oktoberfest in Germany, German Volume Training made famous by Rolf Feser, a German National Weight Lifting Coach during the 1970's is considered one of the best and most popular methods for packing on muscle fast! German Volume Training or GVT was often used to help weightlifters gain muscle during off-season programs. This training protocol utilizes a 'ten set' method to target a specific muscle group, exposing them to a high volume of repeated sets of a single exercise, causing hypertrophy or growth of the muscle. If you want to add pounds of muscle to your body now, try giving this 6-week program a try.



RULES AND GUIDELINES FOR GVT.

The single most important goal for performing GVT correctly is ensuring you perform the 10 sets of 10 reps with the same weight; you want to pick a weight that you can lift for the length of the sets without burning out. Choose a weight that is about 50 to 60% of your one-rep maximum load. For example if you can bench 300 lbs for your 1-RM then you are looking at lifting 150 to 180 lbs as your set weight for this specific exercise. You should be hitting failure during your last 2 to 3 working sets.

You may repeat the GVT 6 week program once more following a full completion. However, after a total of 12 weeks, take a full week to rest your body — then resume a regular hypertrophy program.



01

TRAINING SPLITS

A typical training split might be chest and back, arms and shoulders, and legs. These can be split by rest days in-between each training session.

02

TYPE OF EXERCISE

Most of the routine should be performed with compound movements such as squats, rows, presses and deadlifts. For each major muscle group choose only one exercise, for example if you are working quads, use squats. Supplementary isolation movements can be used adjacent to this program, such as using extension movements for triceps or curls for biceps.

03

TRAINING FREQUENCY

Because the volume is so intense, it is important to take adequate time to recover between workouts, and allow each muscle group a minimum of 4 to 5 days rest between sessions.

04

REST INTERVALS

You might hit your first few sets thinking this training is way too easy, but little rest between working sets leads to cumulative fatigue. Allow 90 seconds between working sets. For accuracy use your smart phone stopwatch app to keep track of the time between sets.

05

TEMPO

For compound movements use a 4-0-2 tempo, this means you lower the weight for 4 seconds, then change direction and lift for 2 seconds. For isolation movements use a 3-0-2 tempo.

06

OVERLOADING MUSCLE

Instead of using forced reps, negatives or partials, if you want to increase the difficulty try adding an additional 5 percent weight to the exercise. Keep the volume high instead of using other techniques that are less effective for growth to prolong the set.

THE GVT WORKOUT.

Follow this schedule for the duration of 6-weeks using the approach below:

	M	T	W	T	F	S	S
WEEK 1	①	OFF	②	OFF	③	OFF	④
WEEK 2	OFF	⑤	OFF	⑥	OFF	⑦	OFF
WEEK 3	⑧	OFF	⑨	OFF	⑩	OFF	⑪
WEEK 4	OFF	⑫	OFF	⑬	OFF	⑭	OFF
WEEK 5	⑮	OFF	⑯	OFF	⑰	OFF	⑱
WEEK 6	OFF	⑲	OFF	⑳	OFF	㉑	OFF

⑭

Number icons represent associated workout found in the sections below.

}
 SUPERSET

Bracket indicates a Superset. Meaning both exercises are completed immediately following one another.

Example: 8-12 reps of Leg Extensions, followed by 8-12 reps of Leg Curls, then a 60 second break until the next set of both.

GVT WORKOUT

1 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Flat Dumbbell Press	10	10	4-0-2	90 sec.
Reverse Grip Barbell Rows	10	10	4-0-2	90 sec.
Dumbbell Pullovers	3	8-12	3-0-2	60 sec.
One Arm Dumbbell Rows				

2 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Squats	10	10	4-0-2	90 sec.
Barbell Deadlifts	10	10	4-0-2	90 sec.
Leg Extensions	3	8-12	3-0-2	60 sec.
Lying Leg Curls				

SUPERSET

3 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Dumbbell Press	10	10	4-0-2	90 sec.
Lateral Raises	10	10	4-0-2	90 sec.
Bicep Dumbbell Curls	3	8-12	3-0-2	60 sec.
Tricep Cable Extensions				

SUPERSET

GVT WORKOUT

4 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Incline Dumbbell Press	10	10	4-0-2	90 sec.
Overhand Grip Barbell Rows	10	10	4-0-2	90 sec.
Incline Dumbbell Flyes	3	8-12	3-0-2	60 sec.
One Arm Cable Row				

5 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Front Barbell Squats	10	10	4-0-2	90 sec.
Stiff Legged Deadlifts	10	10	4-0-2	90 sec.
Dumbbell Step-Ups	3	8-12	3-0-2	60 sec.
Standing Leg Curls				

SUPERSET

6 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Press	10	10	4-0-2	90 sec.
Front Dumbbell Raises	10	10	4-0-2	90 sec.
Bicep EZ Bar Curls	3	8-12	3-0-2	60 sec.
Overhead Dumbbell Extensions				

SUPERSET

GVT WORKOUT

7 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Flat Dumbbell Press	10	10	4-0-2	90 sec.
Wide Grip T-Bar Rows	10	10	4-0-2	90 sec.
Decline Dumbbell Flyes	3	8-12	3-0-2	60 sec.
Wide Grip Pull Downs				

8 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Leg Press	10	10	4-0-2	90 sec.
One Legged Leg Press	10	10	4-0-2	90 sec.
Dumbbell Walking Lunges	3	8-12	3-0-2	60 sec.
Lying Leg Curls				

SUPERSET

9 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Military Press	10	10	4-0-2	90 sec.
Bent Over Dumbbell Laterals	10	10	4-0-2	90 sec.
Dumbbell Bicep Spider Curls	3	8-12	3-0-2	60 sec.
Tricep Rope Extensions				

SUPERSET

GVT WORKOUT

10 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Incline Press	10	10	4-0-2	90 sec.
Reverse Grip Barbell Rows	10	10	4-0-2	90 sec.
Pec Deck	3	8-12	3-0-2	60 sec.
Wide Grip Seated Cable Rows				

11 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Squat	10	10	4-0-2	90 sec.
Straight LegDeadlifts	10	10	4-0-2	90 sec.
Reverse Hack Squat	3	8-12	3-0-2	60 sec.
Lying Leg Curls				

} SUPERSET

12 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Arnold Press	10	10	4-0-2	90 sec.
Up-Right EZ Bar Rows	10	10	4-0-2	90 sec.
Bicep Cable Curls	3	8-12	3-0-2	60 sec.
Lying EZ Bar Triceps Extensions				

} SUPERSET

GVT WORKOUT

13 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Flat Bench Press	10	10	4-0-2	90 sec.
Overhand Grip Barbell Rows	10	10	4-0-2	90 sec.
Dumbbell Pullovers	3	8-12	3-0-2	60 sec.
Neutral Grip Seated Cable Rows				

14 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Front Barbell Squat	10	10	4-0-2	90 sec.
Barbell Deadlifts	10	10	4-0-2	90 sec.
Leg Extensions	3	8-12	3-0-2	60 sec.
Standing Single Leg Cable Curls				

} SUPERSET

15 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Dumbbell Shoulder Press	10	10	4-0-2	90 sec.
Dumbbell Lateral Raises	10	10	4-0-2	90 sec.
Concentration Dumbbell Curls	3	8-12	3-0-2	60 sec.
Lying DB Triceps Extensions				

} SUPERSET

GVT WORKOUT

16 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Flat Dumbbell Press	10	10	4-0-2	90 sec.
Reverse Grip Barbell Rows	10	10	4-0-2	90 sec.
Dumbbell Pullovers	3	8-12	3-0-2	60 sec.
One Arm Dumbbell Rows				

17 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Squats	10	10	4-0-2	90 sec.
Barbell Deadlifts	10	10	4-0-2	90 sec.
Leg Extensions	3	8-12	3-0-2	60 sec.
Lying Leg Curls				

} SUPERSET

18 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Dumbbell Press	10	10	4-0-2	90 sec.
Lateral Raises	10	10	4-0-2	90 sec.
Bicep Dumbbell Curls	3	8-12	3-0-2	60 sec.
Tricep Cable Extensions				

} SUPERSET

GVT WORKOUT

19 BACK AND CHEST

EXERCISE	SETS	REPS	TEMPO	REST
Incline Dumbbell Press	10	10	4-0-2	90 sec.
Overhand Grip Barbell Rows	10	10	4-0-2	90 sec.
Incline Dumbbell Flys	3	8-12	3-0-2	60 sec.
One Arm Cable Row				

20 LEGS

EXERCISE	SETS	REPS	TEMPO	REST
Front Barbell Squats	10	10	4-0-2	90 sec.
One Legged Leg Press	10	10	4-0-2	90 sec.
Dumbbell Step-Ups	3	8-12	3-0-2	60 sec.
Standing Leg Curls				

SUPERSET

21 SHOULDERS AND ARMS

EXERCISE	SETS	REPS	TEMPO	REST
Barbell Press	10	10	4-0-2	90 sec.
Front Raises	10	10	4-0-2	90 sec.
Hammer Curls	3	8-12	3-0-2	60 sec.
Overhead Dumbbell Extensions				

SUPERSET

GERMAN

VOLUME TRAINING

STACK

1. Whey Protein
2. Multi vitamin
3. Pre/Post workout : 2 Gram Creatine
4. Pre workout: 2 Gram Arginine
5. Fenugreek 10 grams and Ashwagandha 10 grams

Disclaimer: In the video above, we will be presenting our opinions and we do not, in any way, shape or form use, encourage, nor condone the use of any supplements/drugs or controlled substances of any kind. Nothing contained herein is to be construed as Medical Advice. Use of any supplements/drugs and exercise regimen should only be done under the directions and auspices of a licensed physician. The writer/speaker does not claim to be a medical doctor nor does he purport to issue medical advice.