



# German Volume Training Workout Plan Pdf

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German Volume Training Workout 1 Dumbbell Bench press 10 x 10 rep Bent Over Row 10 x 10 rep Cable Crossover 3 x rep Lat Pull down 3 x rep Workout 2 Workout 3 . German Volume Training - 4 Days Per Week - Free download as PDF File (.pdf), Text File (.txt) or view presentation slides online. The document outlines a 7 day full body workout program that alternates between upper body and lower body each day. The German Volume Training (GVT) method helps bodybuilders and weightlifters build strength, increase muscle size, and develop lean body weight some say. The workout entails the performance of 10 sets of 10 reps at about 60% 1 repetition maximum RM (or 20 RM) in 1 – 2 key exercises. The German Volume Training (GVT) program consists of two 4-week phases that involve high volume training with 10 sets of 10 reps for each exercise. The program involves full body workouts split across 6 days with one rest day.