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~~Chicken, Salt \u0026 Sleep~~

~~for ? German Volume Training~~

~~(GVT): Nuts \u0026 Bolts.~~

~~James FitzGerald on the~~

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~~Bernardin Back Day Workout~~  
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**With Charles Poliquin**

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Muscle Hypertrophy Explained  
(How to get MASSIVE Gains)  
**Poliquin Workout Template**  
German Volume Training (GVT)  
is a hypertrophy program  
designed by Charles Poliquin  
to shock the muscles with a  
significant increase in  
volume through 10x10 sets.  
It is designed to be run for  
a relatively short period of

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time, about 4 weeks, and is comprised of three different workouts run five days per week. This is all explained in more detail below.

## **German Volume Training Routine Spreadsheet (GVT) (2020 ...**

Basic Workout Structure Your basic workout structure for GVT will follow a 3-4 training days per week with each workout hitting both push and pull movements. Only the first 2-3 exercise in each workout will be 10x10s and the remaining will be traditional 3x8 rep schemes (with exceptions).

## **German Volume Training:**

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You get the training effect  
from the law of repeated  
efforts. A typical workout  
might look like this: A.



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Bench press (the goal is to do 10 sets of 10 with 200 pounds): Set 1: 10 reps; Set 2: 10 reps; Set 3: 10 reps; Set 4: 10 reps; Set 5: 9 reps; Set 6: 7 reps; Set 7: 7 reps; Set 8: 8 reps; Set 9: 7 reps; Set 10: 6 reps

## **Advanced German Volume Training | T Nation**

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At Ultimate Performance our  
training philosophy is  
constantly being refined to  
produce the best possible  
results for our clients.

From years of  
experimentation, what we've  
found is that the best  
workout for body  
recomposition is one that  
draws influence from two  
similar systems: 'Peripheral  
Heart Action' (PHA) and  
'German Body Composition'  
(GBC).

## **Best Workout for Body**

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## **Recomposition | Ultimate Performance**

To me, it was a disaster. A whole training block ruined in seconds. Pete would come back from his business trip, and would start training again. But that week-and-a-bit between the peaking phase and our next session was a killer. There'd be no point testing his maxes after 10 days of no training. That'd mean a whole block of training out ...

## **A Strength Training Template That Works For Any Client**

...

By Poliquin Group™ Editorial  
Staff. 5/22/2012 3:22:38 PM.

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Tweet Print Gain strength in the lower body and improve your squat 1RM with this 12-week squat training program. This program is designed for healthy experienced squatters with no injuries and it's great for athletes who want to get in better shape.

## **Twelve Week Training**

### **Program: SQUATS | Poliquin Article**

Beginner's German Volume Workout. Let's start out with the typical beginner's 10 x 10 workout based on German Volume Training. Here's how it works: Take 60% of your max (a weight you can do about 20 times)

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Perform all 10 sets of 10 reps the that same weight; Rest about 90 seconds between sets; There are 3 basic workouts for the beginner's program.

## **German Volume Training (10 x 10): For Strength or Muscle**

...

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## **Poliquin Workout Template 52 Weeks**

But his workout routine consist of 8 sets of 8 reps and now it is called Girnoda's 8 X 8 workout routine. GVT program was made famous by the coach Charles Poliquin in 1996. He published an article on the late Muscle Media 2000 bodybuilding journal and renamed the 10 sets method to German Volume Training.

## **German Volume Training (GVT) Workout Plan | Dr Workout**

To say this program adds muscle fast is probably an understatement. Gains of ten pounds or more in six weeks

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are not uncommon, even in experienced lifters. - Charles Poliquin.

Recommended German Volume Training Split. The following is a recommended 5 day German Volume Training split: Day 1 - Chest and Back; Day 2 - Legs and Abs; Day 3 - Off

## **Ultimate German Volume Training Workout Guide**

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introduction as capably as search for them. In some cases, you

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Strive to do each circuit 3 times per workout. Progress to 4 circuits per workout after two or three weeks. Use a 40X0 tempo on the sets of 6; a 20X0 tempo on the sets of 12; and a 10X0 tempo on the sets of 25. You must use the entire 2-minute rest period.

## **Lactic Acid Training for Fat Loss | T Nation**

Renowned strength coach Charles Poliquin was well



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aware of this when he created his German Volume Training (GVT) protocol, which essentially involves doing ten sets of ten reps of an exercise.

## **The Ultimate German Volume Training Plan To Get Big ...**

By Charles Poliquin Too often, training programs seem to be put together with all the forethought of a Congressional campaign. In other words, very little forethought is generally involved. Trainees, instead of taking an objective, semi-scientific approach to training, try to stockpile training sessions as if they were stacking firewood for

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the ...

## **Training Frequency - How Much, How Often?....By Charles ...**

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