

Superset german volume training (GVT) 4week

This is our high volume GVT program that starts with a strength based exercise in red with 5 sets of 5. We recommend doing this at 80-87% of your 1 rep max. After that the superset (opposing muscle groups) are worked with the 10 sets of 10 reps at 60% of your rep max. This is a very challenging program! We recommend doing half the volume after completing the strength and GVT exercises if you are beginner-intermediate level. For example complete the 5x5 on incline bench then 10x10 on bench press and bent over row. After that complete 2 sets of each exercise after that.

Rep Max

Bench press	Squat	Deadlift	Shoulder press	Chin/Pull ups

Week 1

Day 1 **Chest**-Back-Tricep-Core

Exercise	Set/Reps	Weight	Recovery
<b>Incline bench</b>	5x5		1:30-2min
<b>Bench Press Bent over row</b>	10x10 GVT		1min
<b>Dips</b>	5x10		1min-1:30
<b>Dec DB press</b>	4x10		1min-1:30
<b>Band chin ups</b>	5x max		1min-1:30
<b>Bar rows</b>	4x15		45sec-1min
<b>DB tricep extensions Rollouts</b>	4x12		1min
<b>Close grip bench HLR</b>	4x12		1min-1:30

Day 2 Shoulders-**Legs**-Bicep-Core

Exercise	Set/Reps	Weight	Recovery
<b>Back squat</b>	5x5		1:30-2min
<b>Leg press Shoulder press</b>	10x10 GVT		1min
<b>Lunges</b>	4x10		1:30
<b>Lateral raise</b>	4x10		45sec-1min
<b>Front raise</b>	4x10		45sec-1min
<b>Barbell shrug</b>	4x12		1min
<b>EZ standing curls Decline bench crunch</b>	4x15		1min
<b>DB curls Candle sticks</b>	4x12		1min

Day 3 **Back**-chest-Triceps-Core

Exercise	Set/Reps	Weight	Recovery
<b>Weighted chin ups</b>	5x5		1:30-2min
<b>T bar rows</b> <b>Incline DB press</b>	10x10 GVT		1min
<b>Lat pulldown</b>	5x10		1:30
<b>Seated row</b>	4x12		1:30
<b>Wide grip eccentrics</b>	4xmax		1:30
<b>Rope extensions</b>	4x12		1min
<b>EZ skull crushers</b> <b>Rope oblique crunch</b>	4x12		1min
<b>Push downs</b> <b>Russian rotation</b>	4x12		1min

Day 4 **Shoulders**-Legs (Quad dom)-Biceps-Core

Exercise	Set/Reps	Weight	Recovery
<b>Strict/Push press</b>	5x5		1:30-2min
<b>Hack squat</b> <b>DB shoulder press</b>	10x10 GVT		1min
<b>Leg ext</b>	5x15-20n max		45sec-1min
<b>Arnold press seated</b>	4x12		1min-1:30
<b>Seated lat raise</b>	4x15		45sec-1min
<b>Straight bar curls</b> <b>HLR obliques</b>	4x12		1min
<b>Reverse curls</b> <b>H/L woodchop</b>	4x12		1min-1:30
<b>Rollouts</b> <b>Standing rope crunch</b>	4x10		1min-1:30

Rep Max

Bench press	Squat	Deadlift	Shoulder press	Chin/Pull ups

Week 2

Day 1 **Chest**-Back-Tricep-Core

Exercise	Set/Reps	Weight	Recovery
<b>Incline bench</b>	5x5		1:30-2min
<b>Bench Press</b> <b>Bent over row</b>	10x10 GVT		1min
<b>Dips</b>	5x10		1min-1:30
<b>Dec DB press</b>	4x10		1min-1:30
<b>Band chin ups</b>	5x max		1min-1:30
<b>Bar rows</b>	4x15		45sec-1min
<b>DB tricep extensions</b> <b>Rollouts</b>	4x12		1min
<b>Close grip bench</b> <b>HLR</b>	4x12		1min-1:30

Day 2 Shoulders-**Legs**-Bicep-Core

Exercise	Set/Reps	Weight	Recovery
<b>Back squat</b>	5x5		1:30-2min
<b>Leg press</b> <b>Shoulder press</b>	10x10 GVT		1min
<b>Lunges</b>	4x10		1:30
<b>Lateral raise</b>	4x10		45sec-1min
<b>Front raise</b>	4x10		45sec-1min
<b>Barbell shrug</b>	4x12		1min
<b>EZ standing curls</b> <b>Decline bench crunch</b>	4x15		1min
<b>DB curls</b> <b>Candle sticks</b>	4x12		1min

Day 3 **Back**-chest-Triceps-Core

Exercise	Set/Reps	Weight	Recovery
<b>Weighted chin ups</b>	5x5		1:30-2min
<b>T bar rows</b> <b>Incline DB press</b>	10x10 GVT		1min
<b>Lat pulldown</b>	5x10		1:30
<b>Seated row</b>	4x12		1:30
<b>Wide grip eccentrics</b>	4xmax		1:30
<b>Rope extensions</b>	4x12		1min
<b>EZ skull crushers</b> <b>Rope oblique crunch</b>	4x12		1min
<b>Push downs</b> <b>Russian rotation</b>	4x12		1min

Day 4 **Shoulders**-Biceps-Core

Exercise	Set/Reps	Weight	Recovery
<b>Strict/Push press</b>	5x5		1:30-2min
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<b>Straight bar curls</b> <b>HLR obliques</b>	4x12		1min
<b>Reverse curls</b> <b>H/L woodchop</b>	4x12		1min-1:30
<b>Rollouts</b> <b>Standing rope crunch</b>	4x10		1min-1:30

Rep Max

Bench press	Squat	Deadlift	Shoulder press	Chin/Pull ups

Week 3

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<b>Close grip bench HLR</b>	4x12		1min-1:30

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Day 4 **Shoulders**-Legs (Quad dom)-Biceps-Core

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<b>Strict/Push press</b>	5x5		1:30-2min
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<b>Rollouts</b> <b>Standing rope crunch</b>	4x10		1min-1:30

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