



German Volume Training Cheat Sheet

10 x 10 Method For Quick Muscle Gains

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Introduction - [German Volume Training](#) isn't something you do all the time. It's meant to quickly add lean muscle mass. Use it sparingly. Only to break a plateau or make some quick gains.

Exercise Selection - This is one of the most critical aspects of the routine. Your only going to do one major exercise per muscle group so it has to be the most effective. Make sure your selection is a compound exercise. With a barbell. *Common exercises: Squat, Bench, Inverted Rows, Shoulder Press*

- Accessory exercises can be isolation movements.

Sets & Reps - 10 sets of 10. Rest 60seconds between sets. For your accessory exercises do 3 sets of 10-20. Let the volume do its job. *Don't use forced reps or negatives.*

Tempo - The key to the program is the constant tension on the muscle. Use a 40X0 tempo. That means: (4)4s. negative, (0)no pause at bottom, (x)explode weight up, (0)no pause at top.

Starting Weight - 60% of your 1RM. Or, a weight you can lift about 20 times. Progress to heavier weight when you can get all 100 reps. Go up just a little, 2.5-5%. [Click here for 1RM and percentages.](#)

Training Frequency & Split - Because the program is so intense you don't stay on it that long 4 weeks 6 max. 5 day split -

Day 1	Day 2	Day 3	Day 4	Day 5
Chest & Back	Legs & Abs	Off	Arms & Shoulders	Off

Chest & Back

1	Inverted Rows	10x10
2	Bench Press	10x10
3a.	Incline Cable Fly	3x10
2b.	V Grip Pull Down	3x10

Legs & Abs

1	Back Squats	10x10
2a	RDL	3x10
2b	Ab Roll Outs	3x15

Shoulders & Arms

1	Muscle Clean & Press	10x10
2a	Parallel Bar Dips	10x10
3a	Rear Delt Fly	3x15
3b	EZ Bar Curl	3x15

Nutrition - To get the most out of GVT you have to eat. As soon as the workout is done be sure to consume a [high protein](#), high carb meal. I know eating clean can get boring and monotonous. So I recommend you download this [free muscle-building cookbook](#).

Conclusion - GVT is a mass building program. Don't expect to get stronger. If that's your goal, you're better suited by using a [program like 5/3/1](#).

Because it is only a short term program. 6 weeks max. You're going to need a follow up program. If you're looking to build mass like a bodybuilder than [Mass Intentions](#) is for you.

But if you're looking to get that lean muscular look. And want to look more like an actor or cover model. Than the [Fitness Model program](#) is for you.