

GERMAN VOLUME TRAINING

German Volume Training isn't rocket science. There's no elaborate formulas to figure out, and no advanced training techniques to be mastered. GVT is built around three simple, core principles.

Core Principles of German Volume Training

- 1. One - Two Exercises:** You perform only 1-2 exercises per body part, that's it. Stick with heavier, compound style lifts that tax major muscle groups. Because you will be performing a limited number of exercises per week, proper exercise selection is critical in maximizing the effects of GVT.
- 2. 100 Reps:** For each exercise, you will be performing 10 sets of 10 reps, using ~60% of your one rep max for that lift. 10 reps will feel incredibly easy on your first 4-5 sets, and your ego may tell you to add a few pounds. Don't listen to your ego. Sets 8, 9 and 10 quickly ramp up the difficulty. If you fail on rep 7 of your last set then quickly strip 5 pounds and finish your set. When you can perform 10 clean sets of 10 reps, add 5 pounds to the bar the next time you use the same movement.
- 3. Rest Pause:** You will be resting approximately 60-90 seconds between sets. Resist the urge to lower your rest periods under the 60 second mark. Limiting rest like this will force you to decrease the load. You're already working with weights slightly above half of your 1RM. It does you no good to use lighter weights than this. For most exercises, a 60 second rest works best. Exercises like squat and deadlift are extremely taxing on your CNS, and may require 90-120 seconds of rest at most. Do not rest longer than 2 minutes. Resting any longer between sets will severely reduce the anaerobic benefits of GVT. Take 2 off days weekly.

Day 1 Chest

Exercise	Set	Rep	Rest	Intensity/1RM
Flat dumbbell press	10	10	1 min	

Day 2 Back

Exercise	Set	Rep	Rest	Intensity/1RM
Lat pull down	10	10	1 min	

Day 3 Legs

Exercise	Set	Rep	Rest	Intensity/1RM
Legs press with variations in footsteps	10	10	1 min	

Day 4

Exercise	Set	Rep	Rest	Intensity/1RM
Overhead dumbbell press	10	10	1 min	

Day 5

Exercise	Set	Rep	Rest	Intensity/1RM
Cable curl	10	10	1 min	
Tricep pushdown	10	10	1 min	

The German Clabics Volume 1

Kuno Francke, Isidore Singer



The German Classics Volume 1:

The German Classics - Inc Ross & Perry, 2004-03-01 *The German Classics from the Fourth to the Nineteenth Century*
Franz Lichtenstein, Wilhelm Scherer, 2018 *The German Classics, Vol. 1 of 20* Kuno Francke, 2017-11-28 Excerpt from *The German Classics Vol 1 of 20 Masterpieces of German Literature Translated Into English* Johann Wolfgang Von Goethe For it is a grave mistake to assume as has been assumed only too often that after the great epoch of Classicism and Romanticism in the early decades of the nineteenth century Germany produced but little of universal significance or that after Goethe and Heine there were but few Germans worthy to be mentioned side by side with the great writers of other European countries True there is no German Tolstoy no German Ibsen no German Zola but then is there a Russian Nietzsche or a Norwegian Wagner or a French Bismarck Men like these men of revolutionary genius men who start new movements and mark new epochs About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works **The German Classics of the Nineteenth and Twentieth Centuries** HardPress, Kuno Francke, 2013-01 Unlike some other reproductions of classic texts 1 We have not used OCR Optical Character Recognition as this leads to bad quality books with introduced typos 2 In books where there are images such as portraits maps sketches etc We have endeavoured to keep the quality of these images so they represent accurately the original artefact Although occasionally there may be certain imperfections with these old texts we feel they deserve to be made available for future generations to enjoy **The German Classics, Vol. 1 of 20** Kuno Francke, 2017-09-16 Excerpt from *The German Classics Vol 1 of 20 Masterpieces of German Literature Translated Into English* When that which should be a short story is expanded into a novel one can usually detect the padding and the embroidery So it is certainly in this case Those long descriptions of landscape gardening the copious extracts from Otilie s diary containing many thoughts which would hardly have entered the head of such a girl the pages given to subordinate characters whose comings and goings have no very obvious connection with the story all these retard the narrative and tend to hide the essential idea The strange title too has served to divert attention from the real centre of gravity Had the tale been called say Otilie s Expiation there would have been less room for misunderstanding and irrelevant criticism there would have been less concern over the moral and more over the artistic aspect of the story What then was the essential idea Simply to describe a peculiar tragedy resulting from the invasion of the marriage relation by lawless passion As for the title it should be remembered that there was just then a tendency to look for curious analogies between physical law and the Operations of the human mind Great interest was felt in suggestion occult in

uence and all that sort of thing Goethe himself had lately been lecturing on magnetism He had also observed as no one can fail to observe that the sexual attraction sometimes seems to act like chemical affinity it breaks up old unions forms new combinations destroys pre existing bodies as if it were a law that must work itself out whatever the consequences Such a process will now and then defy prudence self respect duty even religion going its way like a blind and ruthless law of physics But if this is to happen the recombining elements must of course have each its specific character else there is no affinity and no tragedy It is no part of the analogy that the pressure of sex is always and by its very nature like the attraction of atoms About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

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