



Based on “German Volume Training,” this has you lifting the same weight 10 times with approximately 15-20 seconds in between each set. And you do ten sets! That’s 100 reps!

You smell that?

That’s the aroma of some great training, right there!

Bench Press – whatever your max weight may be, cut that in half and use that weight either as barbells or dumbbells

- You’re on your back, holding your weights above you.
- Bring the weight down, be sure to stretch out your chest as you do so (down)
- Come back up. That’s 1!

Military Press – do this either standing up or in a crouched position to make it more difficult

- Start by having the weight positioned directly over your head.
- Bring the weight down so either the bar is next to your collar bone or the dumbbells are even with your chest (down)
- Bring the weight back up. That’s 1!

Squat – this will hurt!

- Stand with your feet shoulder, holding the weight by your knees with arms fully extended.
- Bend down, keeping your back straight and try to touch your butt to your heels (down)
- Stand back up. That’s 1!

Tricep Extensions – do this right, and your triceps will feel swollen afterwards!

- Start by laying down, preferably on a bench. If you’re using a barbell, you’ll be holding the bar directly above you with your palms facing outward. If you’re using dumbbells, you’ll have your palms facing one another.
- Keeping your elbows stationary, bring the weight down. If you’re using a barbell, bring the bar to your forehead. If you’re using dumbbells, concentrate on bringing the weights down by your ears. Again, keep your elbows stationary (down)
- Bring the weight back up to its original starting position. That’s 1!

Row – envision starting a stubborn lawn mower

- With your dumbbell on the floor, have your left leg on the floor, your right knee positioned on a bench. Now reach down with your left hand, grab the dumbbell and pull it up to your chest (down)
- Return the weight to the floor, but don’t set it down. That’s 1!



Pullups – a classic

- Hang from a pullup bar with either your palms facing in or out, your choice.
- Pull up so your chin extends over the bar. That's 1!



page two

