



GERMAN VOLUME TRAINING

4 WEEK TRAINING PROGRAM BY KARIM CHAMI



ABOUT THE TRAINER

Karim is a Personal Trainer at Crunch Alexandria with over 10 years' experience in Strength and Conditioning. This program is designed for people who are looking to pack on some serious mass. This is not a beginners program. If you have reached a plateau, this program will guarantee to shock your central nervous system and order your body to grow.

DAY 1 - LEGS			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
B.B. back squat	10	5	Control
B.B. back squat	20	5	Control
Leg Press	10	5	Control
Hack squat	10	5	Control
Leg Extension	10	5	Control
Lying leg curl	12	5	Control
REST - 45 seconds and REPEAT			

DAY 2 & 6 - CHEST & BACK			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Incline smith machine Chest press	10	10	Control
Incline Dumbbell press	10	10	Control
Parallel lat pull down	10	5	Control
Dumbbell one arm row	10	5	Control
Pec deck	10	3	Control
Cable low pulley crossover	10	3	Control
REST - 45 seconds and REPEAT			

DAY 3 - ARMS			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Seated Ex bar curl	6	10	Control
Barbell close grip bench	6	10	Control
Ez bar reverse curl	10	5	Control
Ez bar skull crushers	10	5	Control
Standing hammer curls	10	3	Control
Cable triceps push down	10	3	Control
REST - 45 seconds and repeat			

DAY 5 - SHOULDERS & CALVES			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
barbell Smith machine shoulder press	10	5	Control
Seated lateral raises	10	5	Control
Machine rear delts	10	5	Control
Dumbbell front raises	10	5	Control
Standing calve Raises	10	4	Control
Seated calve raises	10	4	Control
REST - 45 seconds and repeat			

EXTRA NOTES

- FOR PROGRESSION DURING THE 4 WEEK PROGRAM MAKE SURE TO ONLY CHANGE ONE PARAMETER OF THE WORKOUT EITHER IT BE INCREASING THE WEIGHT, INCREASE WORKING PERIOD, REDUCING THE REST PERIOD OR INCREASING YOUR INENSITY.
- MAKE SURE TO PROPERLY WARM UP AND COOL DOWN AFTER THE WORKOUT AND PUSH YOURSELF EACH SET.
- PERFORM ABS IN THE MORNING AFTER CARDIO EVERY SECOND DAY - 3 X 50 NORMAL CRUNCHES, 3 X 25 LEG RAISES.

As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

ONLY \$9.95 A WEEK
ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!

CRUNCH.COM.AU
ALL CLUB INFORMATION AVAILABLE ONLINE

LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEE WHY!
VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING