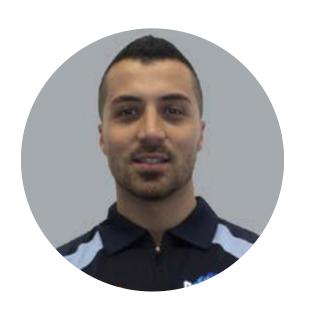


GERMAN VOLUME TRAINING

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 - LEG | S | | | | |
|---------------------------------|--|-----|---------|--|--|
| Rest 10 - 30 secon | 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 8 | BAC | K | | |
|---|--|-----|---------|--|--|
| Rest 10 - 30 secon | 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 | TEMP0 | | |
| 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 | | | | | |

| EXERCISE | REPS/TIME | SET | TEMP0 |
|--|-----------|-----|---------|
| 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 |

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.