

## Huge Arms Club – Month 10 German Volume Training

This training system has been used World over. Both French exercise physiologist Cometti and Russian strength expert Zatiorsky have espoused similar training systems.

### Goals and Guidelines

The goal of the German Volume Training method is to complete 10 sets of 10 reps with the same weight for each exercise. You want to begin with a weight you could lift for 20 reps to failure, if you had to push it. For most people, on most exercises, that would represent 60% of their 1 R.M. load. Therefore, if you can curl 100 pounds for one rep, you would use 60 pounds for this exercise.

When using this--or for that matter any program--you should keep a detailed journal of the exact sets/reps load and rest intervals performed, and only count the repetitions completed in strict form. Here are a few more guidelines to ensure optimal progress.

### Rest Intervals:

When bodybuilders start with this method they often question its value for the first several sets because the weight will not feel heavy. However, there is minimal rest between sets (about 60 seconds when performed in sequence and 90-120 seconds when performed as a superset), which gives you a process of accumulative fatigue. Because of the importance of the rest intervals, you should use a stopwatch or a watch equipped with one to keep the rest intervals constant. This is very important, as it becomes tempting to lengthen the rest time as you fatigue.

**Tempo:** For long range movements such as dips and chins use a 402 ortempo; this means you would lower the weight in four seconds and immediately change direction and up to two seconds. For shorter range movements such as curls and triceps extensions, use a 302 tempo.

**Number of Exercises:** One, and only one, exercise per bodypart should be performed. Therefore, select exercises that recruit a lot of muscle mass. Triceps kickbacks and high pulley curls are definitely out--Incline Curls and Close are definitely in. For supplementary work for individual bodyparts (like triceps and biceps), you can do 3 sets of 10-20 reps.

**Training Frequency:** Because this is such a severe training system, it will take you somewhat longer to recover. In fact, if you're familiar with the writings of Peter Sisco and John Little, you'll find that the average "Power Factor Rating" of the 10 Sets Method is about 8 billion. Consequently, one training session every 4-5 days per body part is the norm.

**Overload Mechanism:** Once you are able to do 10 sets of 10 with constant rest intervals, increase the weight on the bar by 2 to 4%, and repeat the process again. Refrain from using forced reps, negatives or burns, the volume of the work will take care of the hypertrophy. Expect to have some deep muscle soreness without having to resort to set prolongation techniques. In fact, after doing an arm training session with this method, it takes the average bodybuilder about five days to comb their hair without making nasty faces..