



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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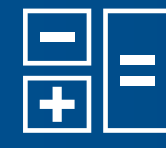
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## SCOTT HERMAN'S HIGH VOLUME TRAINING UPPER/LOWER WORKOUT

This High Volume Training Upper/Lower workout program combines high volume training with high frequency training to help you build lean muscle mass!

Link to Workout: <https://www.muscleandstrength.com/workouts/scott-herman-german-volume-training-upper-lower-workout>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 90-120 Mins

**Equipment:** Barbell, Cables, Dumbbells

**Author:** Scott Herman

### High Volume Training Upper Workout

Exercise	Sets	Reps
1. Rack Pull	10	5
2. <a href="#">Dumbbell Bench Press</a>	10	10
3. <a href="#">Standing Dumbbell Press</a>	10	10
4. <a href="#">Reverse Grip Bent Over Row</a>	10	10
5a. <a href="#">Standing Alternate Bicep Curl</a>	3	8
5b. <a href="#">Incline Barbell Skull Crusher</a>	3	8
6a. Alternating Toe Touch	4	20 Each
6b. <a href="#">Hanging Knee Raise</a>	4	20

### High Volume Training Lower Workout

Exercise	Sets	Reps
1. <a href="#">Barbell Back Squat</a>	10	10
2. <a href="#">Barbell Glute Bridge</a>	10	10
3. <a href="#">Romanian Deadlift</a>	10	10
4. <a href="#">Standing Barbell Calf Raise</a>	10	10
5a. <a href="#">Cable Wood Chop</a>	4	15 Each
5b. <a href="#">Dumbbell Side Bench</a>	4	15 Each