



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



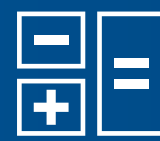
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TOTAL BODY BEATDOWN: A GERMAN VOLUME TRAINING ROUTINE

Whether you only have time to make it to the gym a few times during the week or you want to annihilate your entire body, we've got the workout for you!

Link to Workout: <https://www.muscleandstrength.com/articles/total-body-german-volume-training>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 3 Days

Time Per Workout: 60-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Coach Dustin Myers

The Total Body Beat Down

Exercise	Sets	Reps
Circuit		
Back Squat	10	10
Incline Barbell Bench Press	10	10
T - Bar Row	10	10

Full Body Weight German Volume Training

Exercise	Sets	Reps
Circuit		
Body Squat or Jump Squat	10	10
Dips or Pushups	10	10
Pull Ups	10	10

Notes

This entire program can be used as a one-off workout where you feel it's necessary to get a full body workout in, but really need to work each muscle group.

You could also choose to perform this circuit 3 times a week. Just make sure to have an adequate amount of rest between each session to ensure full recovery. This typically means 48 hrs between workouts.

