



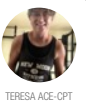
NMF Hypertrophy - GERMAN VOLUME TRAINING

New Moon Fitness

sets
per exercise

secs
rest between sets

45min
162cal



TERESA ACE-CPT

This is 3 days of work outs, not one day.

WARM UP EACH DAY

SUPER SETS starting weight is 60% of your 1RM. Rest 60-90 seconds between each set. Do not change weight during this workout but progress 5% each work out if you can.

CONDITIONING at the end (Separate Sheet)

COOL DOWN EACH DAY

Equipment: Barbell

GERMAN VOLUME TRAINING



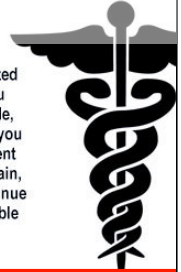
GERMAN VOLUME TRAINING

HIGH VOLUME, SPLIT ROUTINE FOR HYPERTROPHY

REPS	WEIGHT	TIME	NOTES

Before You Begin

Always review exercise with your doctor to ensure that it isn't contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.



BEFORE YOU BEGIN

You are responsible for exercising within your limits.

REPS	WEIGHT	TIME	NOTES

GVT-Chest & Back

CHEST & BACK

10 Reps

10 Supersets

Perform 10 sets of each exercise 10 times. Rest 60-90 seconds between sets. Do not change weight during the work out. Adjust weight up next session if you can, but do not lift so heavy that you fail on a set.

REPS	WEIGHT	TIME	NOTES

Bench Press

Chest



- 1 - Lie on a flat bench holding the barbell up over chest with your arms straight and hands shoulder-width apart.
- 2 - Lower the barbell down to upper-chest level, bending at the elbows.
- 3 - Press the barbell back up to a straight arm position.

Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

Bent Over Row

Back



- 1 - Bend forward at your waist with your knees slightly bent and your back flat holding a barbell with your arms straight.
- 2 - Lift the barbell up to your chest, bending at your elbows.

- Lower the barbell back to a straight arm position, keeping your back flat throughout.

Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			



sets per exercise | secs rest between sets

GVT - Legs LEGS

10 Reps

10 Supersets

Perform 10 sets of each exercise 10 times.
Rest 60-90 seconds between sets.
Do not change weight during the work out.
Adjust weight up next session if you can, but do not lift so heavy that you fail on a set.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

Back Squat Legs



- Stand upright with the barbell on the back of your shoulders and your feet flat, shoulder-width apart.
- Lower your body toward the floor, sending your hips back and down and bending your knees.
- Push through your heels to return to start position, keeping your back flat and head up throughout the movement.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

Seated Calf Raise Legs



- Sit on a bench holding a barbell on your knees with your feet flat.
 - Raise up onto your toes, lifting the barbell.
- Lower your feet back flat and repeat.
- Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

GVT - Arms & Shoulders ARMS & SHOULDERS

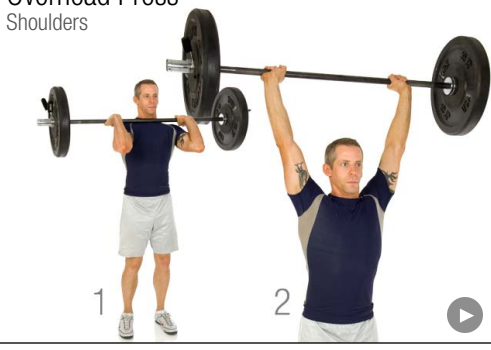
10 Reps

10 Supersets

Perform 10 sets of each exercise 10 times.
Rest 60-90 seconds between sets.
Do not change weight during the work out.
Adjust weight up next session if you can, but do not lift so heavy that you fail on a set.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

Overhead Press Shoulders



- Stand upright holding a barbell in front at shoulder height with your elbows bent and palms facing forward.
 - Press the barbell overhead, extending your arms fully.
- Keep your back flat and remain upright throughout the movement.
- Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			

Curl Biceps



- Hold a barbell underhanded with your hands shoulder-width apart and your arms straight.
 - Raise the barbell up to shoulder height, keeping your elbows at your sides.
- Lower the barbell back to a straight arm position.
 - Do not rock your upper body back and forth as you lift and lower the barbell.
- Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			
10			