

**EXERCISE**

# German Volume Training

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- **Description**
- **Coaching Points**
- **Main Muscles Involved**

**Exercise Library**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

German Volume Training. What is it and how do you implement it?

Effectively, it's **ten reps** done for **ten sets**, so a total of a hundred reps. This is an advanced form of training, so not to be done by a beginner, and usually you'd only do this for one or two exercises maximum in your whole session.

We're going to be using the Deadlift. Make sure your rest periods are consistent - anywhere between 60 and 90 seconds so that you can complete the whole hundred repetitions. Now, make sure that during the whole of the 10 reps, your technique stays the same throughout, and you're picking a weight that is appropriate for the whole of the sets. So you don't want to be doing maximum weight and you don't want to be doing a weight that you can only do for 10 reps. You want to be choosing a weight that's about 30% lower than that, so you can do it for the whole 10 sets of 10 reps.



# Main Muscles Involved

This depends on the exercises you choose for your German Volume Training.

