

German Volume Training

Workout 1						
Dumbbell Bench press 10 x 10 rep						
Bent Over Row 10 x 10 rep						
Cable Crossover 3 x 10-15 rep						
Lat Pull down 3 x 10-15 rep						
Workout 2						
Squat 10 x 10 rep						
Leg Extensions 3 x 10-15 rep						
Laying Leg Extensions 3 x 10-15 rep						
Leg Press Calf Raise 3 x 15-25 rep						
Seated Calf Raise 3 x 15-25rep						
Workout 3						
Barbell Shoulder Press 10 x 10 rep						
Bicep Curl 10 x 10 rep						
Tricep Extensions 10 x 10 rep						
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Dumbbell Bench press 10 x 10 rep						
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