

GUNNFIT - VOLUME TRAINING (GVT)

Program Description: Are your gains at a halt? Are you having trouble packing on additional mass and or gaining strength? Sick of the same 3 to 4 sets of 10 reps for each and every exercise? If this is the case, it sounds like your routine is lacking volume. GUNNFIT Volume Training is a spin-off of a more well-known program called German Volume Training, otherwise known as the 10x10 method. The goal is to perform all 100 reps of the primary lifts at the same weight. To make this happen, it is recommended that you start off at a weight that you would be comfortable performing 20 reps **to failure** (~60% of 1RM) with. Once you are able to perform all 100 reps at the same weight, you will add an additional 5-10 lbs. In addition to your primary lifts, you will also perform complimentary lifts in the 8-12 rep range for the muscles trained on that particular day. While the program provided is only designed to last four weeks, it can be extended all the way up to twelve weeks – all you have to do is re-print the program and change the “week” section at the top. It is essential that you listen to your own body in order to prevent injuries and plateaus. If your body is physically and mentally ready for the challenge and you are continuing to make size & strength gains, continuing it for five, six, seven, or even as many twelve weeks is more than alright. It is especially important to focus on the quality of the movement as opposed to the amount of weight you are lifting. This will provide you the opportunity to make the mind-muscle connection and increase levels of hypertrophy.

The program can be performed in either of the following three splits:

Split Option 1 (Recommended)	Split Option 2	Split Option 3
<ul style="list-style-type: none">• Day 1– Chest & Back 1• Day 2 – Quads & Shoulders• Day 3 – Biceps & Triceps• Day 4 – Rest• Day 5 – Chest & Back 2• Day 6 – Hammies & Shoulders• Day 7 – Biceps & Triceps• Day 8 – Rest	<ul style="list-style-type: none">• Day 1– Chest & Back 1• Day 2 – Quads & Shoulders• Day 3 – Biceps & Triceps• Day 4 – Rest• Day 5 – Rest• Day 6 – Chest & Back 2• Day 7– Hammies & Shoulders• Day 8 – Biceps & Triceps• Day 9 – Rest	<ul style="list-style-type: none">• Day 1– Chest & Back 1• Day 2 – Quads & Shoulders• Day 3 – Biceps & Triceps• Day 4 – Chest & Back 2• Day 5 – Hammies & Shoulders• Day 6 – Biceps & Triceps• Day 7 – Rest

Tempo

- The high-volume nature of this program is designed to increase the time your muscles spend under tension. All reps should be performed at a 4-1-2 tempo. That is the eccentric phase will take 4 seconds, the amortization phase will take 1 second (the squeeze), and the concentric phase will take 2 seconds.

Rest Periods

- The rest periods between all sets should be 60-90 seconds.

*On a dietary note, I *recommend* putting yourself into a small to moderate caloric surplus for this workout program so that you can pack on additional muscle mass*

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Name: _____

Chest & Back 1									
		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press	Barbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Barbell Row	Barbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Incline Bench	Barbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Lat Pulldown	Cable	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Chest Flyes	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Rear Delt Flyes	Machine	12		12		12		12	
		10		10		10		10	
		8		8		8		8	

Workout Notes

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Quads & Shoulders									
		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats to Bench or Leg Press	Barbell or Machine	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Seated Military Press	Dumbbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Leg Extension	Machine	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Shoulder Flyes	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Overhand Front Raises	Barbell or Straight Bar	12		12		12		12	
		10		10		10		10	
		8		8		8		8	

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Name: _____

Biceps & Triceps									
		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Straight Bar Curls	Straight Bar	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Skull Crushers	Straight Bar	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Seated Concentration Curls	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Tricep Rope Pushdowns	Rope	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Bicep Exercise of Choice		12		12		12		12	
		12		12		12		12	
Tricep Exercise of Choice		12		12		12		12	
		12		12		12		12	

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Name: _____

Chest & Back 2

Exercise	Equipment	Week 1		Week 2		Week 3		Week 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench	Dumbbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Lat Pulldown	Cable	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Incline Bench	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Reverse Barbell Row	Barbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Chest Flyes	Cable	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Seated V-Rows	Cable	12		12		12		12	
		10		10		10		10	
		8		8		8		8	

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Hammies & Shoulders

		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlifts	Barbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
RDL	Barbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Shoulder Press	Barbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Hamstring Curls	Machine	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Lateral Raises	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	
Alternating Front Raises	Dumbbell	12		12		12		12	
		10		10		10		10	
		8		8		8		8	

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