



# WHY YOU SHOULD DO GERMAN VOLUME TRAINING



German volume training (GVT) is an intense exercise program that builds the muscle mass and strength necessary for weightlifters to move beyond personal plateaus.

It's sometimes called the 10-sets method. The training program involves high numbers of sets and repetitions with short resting periods in between. GVT stresses your muscles, which respond by triggering muscle growth. This training method helps bodybuilders and weightlifters build strength, increase muscle size, and develop lean body weight.

## WHAT ARE THE BENEFITS?

- Promote muscle growth.
- Build muscular strength.
- Builds a lean looking body.
- Boosts mood and mental health.
- Can promote weight loss.
- Good for motivation.
- Good for fast-twitch muscle fibre recruitment.