

04 / GERMAN VOLUME TRAINING

Earn the volume. Keep the control.

A modified upper-body example for an experienced, consistently training lifter. Only one exercise uses up to 10 sets. This is not Poliquin's complete routine.

Lower-dose option: a first exposure may stop at 4 or 5 bench sets to assess tolerance. That is an introduction, not completed classic 10 x 10. Ten is a ceiling here, not an obligation.

PREPARE THE SPACE

Stable bench, barbell, plates, rack with safeties and appropriate spotting; a chest-supported-row option. A machine press needs independently selected loading.

WARM UP FIRST

Use comfortable general movement, then several progressively heavier bench practice sets. Keep warm-up work well short of fatigue and separate from the work-set total.

ILLUSTRATIVE SESSION - WORK SETS

MOVEMENT	ASSIGNMENT	EXECUTION / LOAD CONTEXT
Bench press	Up to 10 x 10	Start conservatively, not with your hardest ten-rep weight. Keep lowering controlled and range consistent.
Chest-supported row	3 x 10-12	Finish each set with roughly 2-3 good reps still available. Keep the torso supported.

Rest: about 2 minutes between bench sets; adjust if control requires it. Early sets should leave plenty in reserve. This rest choice is a modification, not every classic GVT rule.

Load illustration only: 50-60% of a realistic recent bench maximum can start the discussion. A hypothetical 100 kg maximum gives 50-60 kg. Neither that range nor completing 100 reps is appropriate for everyone; no new max test is required by this sheet.

PROGRESS ONLY WHEN READY

Increase only after the intended workload is completed with consistent technique and acceptable recovery. Use the smallest sensible increase. Decide on the planned set count before starting; more sets are not automatically better.

REDUCE OR CHANGE COURSE

If reps fall off early, reduce load or sets. Stop or adjust before missed reps, deteriorating control or pain. Do not use forced reps or bolt this onto an unchanged high-volume program. Leave recovery room for the same muscles.

Safety: Educational example, not medical advice or an individualized prescription. Get appropriate guidance if an injury, health condition or medical restriction affects exercise. Stop for sharp or increasing pain, dizziness, chest discomfort or unusual breathlessness; seek appropriate medical help for concerning symptoms.

The session is an original modified example. Research context, not validation of this exact session:

[Amirthalingam et al. \(2017\): modified GVT, 5 versus 10 sets](#)

SESSION LOG

GERMAN VOLUME TRAINING

Name

Date

kg / lb

Planned bench sets (4 / 5 / other up to 10):

Choose the bench-set cap before starting and cross out unused rows. Record total barbell load. RIR = estimated good reps left. Stop before control deteriorates; never use forced reps.

MOVEMENT	SET	TARGET	ACTUAL LOAD	ACTUAL REPS OR SECONDS	EFFORT RIR / NOTE	REST SEC
Bench press	1	10 reps				
Bench press	2	10 reps				
Bench press	3	10 reps				
Bench press	4	10 reps				
Bench press	5	10 reps				
Bench press	6	10 reps				
Bench press	7	10 reps				
Bench press	8	10 reps				
Bench press	9	10 reps				
Bench press	10	10 reps				
Chest-supported row	1	10-12 reps				
Chest-supported row	2	10-12 reps				
Chest-supported row	3	10-12 reps				

Review before the next session

Recovery / next-session decision. Do not increase load and volume by default.

Cross out unused sets. Use the notes to record any adjustment. Blank rows are not a reason to add work. Print a fresh log for another session.