

charles poliquin german body pdf

The German Body Comp program is unquestionably one of the most popular and effective methods to lose fat without compromising muscle. By adjusting the GBC method slightly to use tri-sets and varying the tempo of the exercises, you can get even more impressive results.

Faster Fat Loss with Escalating Velocity Body Comp

Advanced German Volume Training by Charles Poliquin When I introduced German Volume Training in the now defunct Muscle Media 2000, it was the most popular article they had ever published.

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Introduction to the German Volume Training. Tweet. Share. Pin 1 +1. Share. ... I recommend a three-week program using 6-to-8 reps per sets for 4-to-6 sets total per body part. You can still use the same 5-day cycle, or you can use another split that suits your recovery pattern and life routine ... Coach Charles R. Poliquin. Latest Articles ...

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Sprints, HIT, Tabata, Metabolic, AMRAP, German Body Comp, or Death Circuits: Whatever it's called, everyone knows that high-intensity training is a superb way to lose fat and get lean. Done properly, these workouts are short but intense, providing numerous benefits for your efforts: The key to ...

Super Fat Loss Workouts That Will Make You Super Human

Instead, I use a modified version of something Charles Poliquin calls "The German Body Comp Program." The entire program can be capsulized in one sentence: keep your rep ranges high and your rest intervals short.

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