

# **PERFORMANCE 101: Should You DO German Volume Training GVT**

**Summary: GVT workout entails the performance of 10 sets of 10 reps at about 60% 1 repetition maximum RM (or 20 RM) in 1 – 2 key exercises. It seems that performing 10 sets compared to 5 sets per exercise in a split-routine may result in a reduced training effect. What I suggest instead of performing GVT of 10 sets of one exercise for a body part perform 2 types of exercises for 5 sets or 3 types of exercises for 3-4 sets. The muscle group will get engaged and stimulated at different angles and will probably be more fun to perform. **Read On!****

# PERFORMANCE 101: Should You German Volume Training

The German Volume Training (GVT) method helps bodybuilders and weightlifters build strength, increase muscle size, and develop lean body weight some say. The workout entails the performance of 10 sets of 10 reps at about 60% 1 repetition maximum RM (or 20 RM) in 1 – 2 key exercises. Proponents suggest this type of workout is time effective, may be very stimulating or challenging for advanced athletes, and apart from the expected muscle fatigue / super-compensatory growth considerations, there appears to be a moderate cardiovascular training effect. Opponents suggest concentrated training dose appears fairly difficult for some athletes to perform.

**WHAT DOES THE RESEARCH SAY:** Does GVT work better than other forms of training. The results of research (see [study](#)) suggest that the modified GVT program, or the 10 sets method, is no more effective than performing 5 sets per exercise for increasing muscle hypertrophy and strength. Based on the findings, it seems that performing 10 sets compared to 5 sets per exercise in a split-routine may result in a reduced training effect. Although GVT is claimed to be advantageous for increasing muscle hypertrophy compared with lower volume training programs, this view is not supported by the results of this study. For coaches, athletes, and trainers interested in resistance training programs targeting muscular hypertrophy, training volume is one of the many variables that need to be manipulated to enhance muscular hypertrophic effects. **To maximize the training effects, 4–6 sets per resistance exercise is recommended as it appears that muscular hypertrophy will plateau beyond this range and may even regress due to overtraining.** For individuals interested in increasing muscular strength, GVT should not be used because of the relatively lower loads and reduced recovery between sets which may not provide a sufficient resistance training stimulus. Whether GVT is an effective technique for individuals targeting fat loss due to the associated high metabolic demands and potential elevations in lipolytic hormones remains to be determined and requires further study. Another [study](#) found similar results. It seems that the modified GVT program is no more effective than performing 5 sets per exercise no significant differences were found for 1RM bench press and leg press between groups. Findings suggest performing >5 sets per exercise does not promote greater gains in muscle strength and hypertrophy. Future research should aim to substantiate these preliminary findings in a larger cohort.

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