Anatomy German Volume Training

ANATOMY FITNESS

Phase 2

DAY 1 CHEST & BACK															
Exercise	**Week**	**Sets**	**Reps**	**Tempo**	**Rest**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**
A1 30º Incline DB Presses	1	10	6	5010	90										
	2	10	6	5010	90										
	3	10	6	5010	90										
	4	10	6	5010	90										
A2 Wide Pull-ups Pronated Grip	1	10	6	5010	90										
	2	10	6	5010	90										
	3	10	6	5010	90										
	4	10	6	5010	90										
B1 Flat DB Flyes Supinating Grip	1	3	12-15	4010	60										
	2	3	12-15	4010	60										
	3	3	12-15	4010	60										
	4	3	12-15	4010	60										
B2 Bent Over Rows EZ Bar Supinated Grip	1	3	12-15	3010	60										
	2	3	12-15	3010	60										
	3	3	12-15	3010	60										
	4	4	12-15	3010	60										

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Phase 2

DAY 2 LEGS & ABS															
Exercise	**Week**	**Sets**	**Reps**	**Tempo**	**Rest**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**
A1 Bent Knee Deadlifts	1	10	6	50X0	90										
	2	10	6	50X0	90										
	3	10	6	50X0	90										
	4	10	6	50X0	90										
A2 Leg Curl Feet Plantarflexed	1	10	6	50X0	90										
	2	10	6	50X0	90										
	3	10	6	50X0	90										
	4	10	6	50X0	90										
B1 Hip Thrust Machine	1	3	12-15	3020	60										
	2	3	12-15	3020	60										
	3	3	12-15	3020	60										
	4	3	12-15	3020	60										
B2 Standing Calf Raise Wide Feet Neutral	1	3	12-15	3010	60										
	2	3	12-15	3010	60										
	3	3	12-15	3010	60										
	4	4	12-15	3010	60										

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ANATOMY FITNESS

Phase 2

DAY 3 ARMS & SHOULDERS															
Exercise	**Week**	**Sets**	**Reps**	**Tempo**	**Rest**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**
A1 BB Bench Press Close Grip	1	10	6	3020	90										
	2	10	6	3020	90										
	3	10	6	3020	90										
	4	10	6	3020	90										
A2 Incline DB Curl Supinating Grip	1	10	6	3020	90										
	2	10	6	3020	90										
	3	10	6	3020	90										
	4	10	6	3020	90										
B1 Seated DB Lateral Raise	1	3	10-12	2020	60										
	2	3	10-12	2020	60										
	3	3	10-12	2020	60										
	4	3	10-12	2020	60										
B2 Preacher Curl EZ Bar Reverse Grip	1	3	10-12	3020	60										
	2	3	10-12	3020	60										
	3	3	10-12	3020	60										
	4	4	10-12	3020	60										

Anatomy German Volume Training

ANATOMY FITNESS

Phase 2

DAY 4 LEGS & ABS															
Exercise	**Week**	**Sets**	**Reps**	**Tempo**	**Rest**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**	**W/R**
A1 BB Front Squat Heels Elevated	1	10	6	40X0	90										
	2	10	6	40X0	90										
	3	10	6	40X0	90										
	4	10	6	40X0	90										
A2 Leg Curl Feet Inward	1	10	6	40X0	90										
	2	10	6	40X0	90										
	3	10	6	40X0	90										
	4	10	6	40X0	90										
B1 Glute-Ham Raise	1	3	12-15	3030	60										
	2	3	12-15	3030	60										
	3	3	12-15	3030	60										
	4	3	12-15	3030	60										
B2 Seated Calf Raise	1	3	10-12	3030	60										
	2	3	10-12	3030	60										
	3	3	10-12	3030	60										
	4	4	10-12	3030	60										