
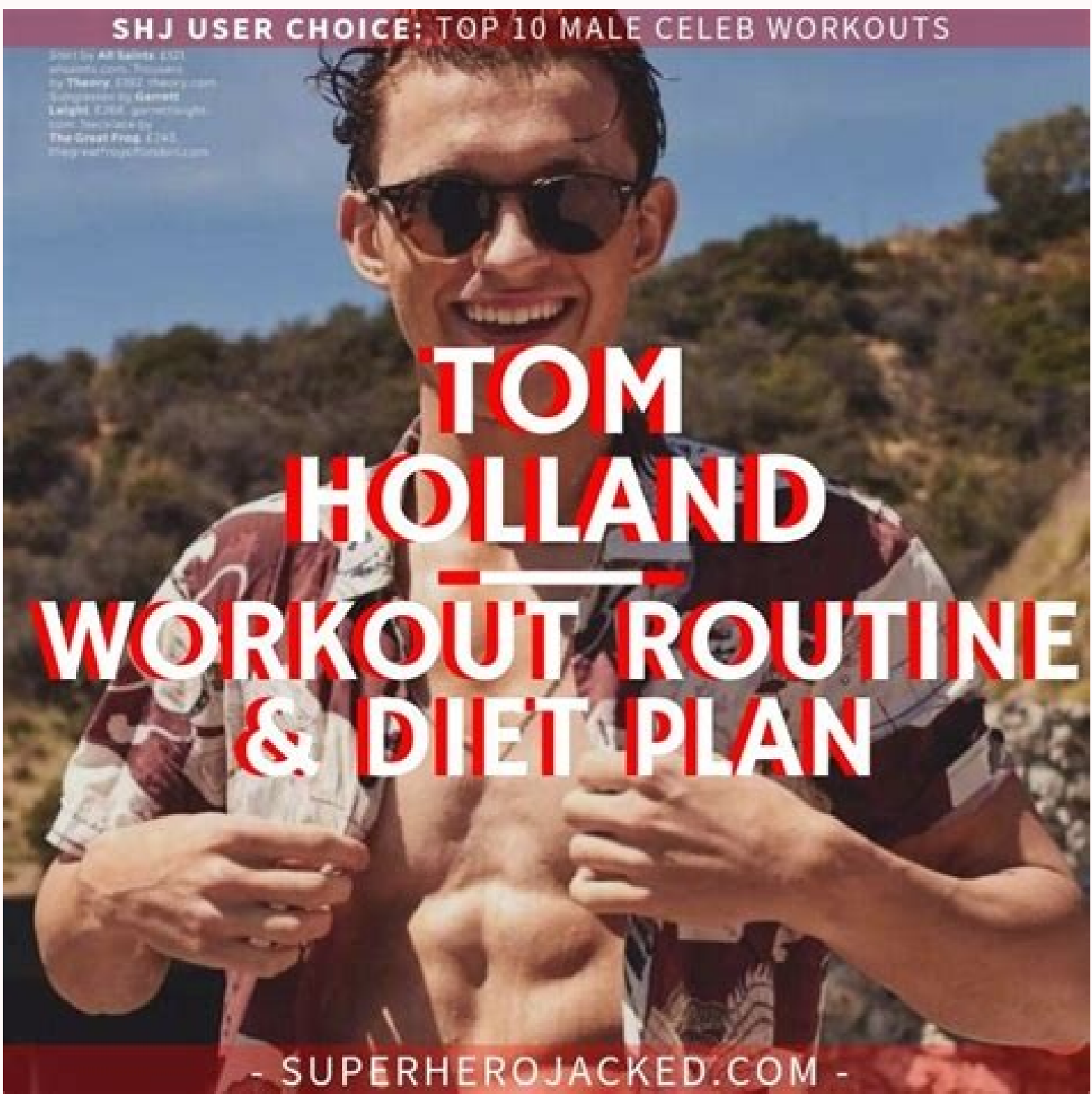


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Next



CHALEAN

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Front Squat				
Squat				
Sumo Squat				
Lever Leg extension				
Crunch				
Standing Calf Raise				
Barbell Incline Bench Press				
Barbell Decline Bench Press				
Bench Press				
Dumbbell Flyes				
Barbell Preacher Curl				
Barbell Incline Curl				
Barbell Curl				
Barbell Reverse Curl				
Barbell Good Morning				
Barbell Stiff Leg Deadlift				
Romanian Stiff Leg Deadlift				
Lever Leg Curls				
Barbell Military Press				
Barbell Behind Neck Press				
Wide Grip Barbell Military Press				
Dumbbell Lateral Raise				
Pull ups wide grip				
Pull ups shoulder-width grip				
Pull ups narrow grip				
Barbell Bent-over Row				
Barbell Lying Triceps Extension (Bar "hits" the head)				
Barbell Lying Triceps Extension (Bar goes behind the neck)				
Barbell Triceps Extension (sitting)				
Reverse Grip Triceps Pushdown				

German Volume Training (GVT) - Super Hard Workout Plan For Muscle Building

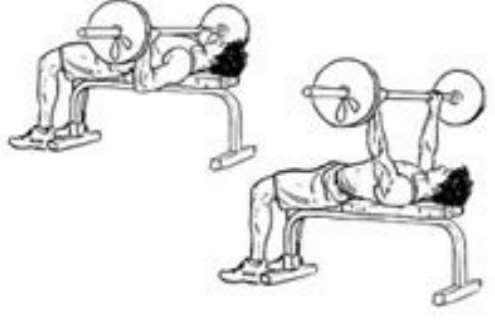
Use this diary to mark down your weights used

	Week 1	Week 2	Week 3	Week 4
Workout 1 Legs				
Front Squat 3x10				
Squat 3x10				
Sumo Squat 3x10				
Lever Leg extension 1x10				
Crunch x 3				
Standing Calf Raise x 3				
Workout 2 Chest/Biceps				
Barbell Incline Bench Press 3x10				
Barbell Decline Bench Press 3x10				
Bench Press 3x10				
Dumbbell Flyes 1x10				
Barbell Preacher Curl 3x10				
Barbell Incline Curl 3x10				
Barbell Curl 3x10				
Barbell Reverse Curl 3x10				
Workout 3 Legs2/Shoulders				
Barbell Good Morning 3x10				
Barbell Stiff Leg Deadlift 3x10				
Romanian Stiff Leg Deadlift 3x10				
Lever Leg Curls 1x10				
Barbell Military Press 3x10				
Barbell Behind Neck Press 3x10				
Wide Grip Barbell Military Press 3x10				
Dumbbell Lateral Raise 1x10				
Workout 4 Back/Triceps				
Pull ups wide grip 3x10				
Pull ups shoulder-width grip 3x10				
Pull ups narrow grip 3x10				
Barbell Bent-over Row 1x10				
Barbell Lying Triceps Extension (Bar "hits" the head) 3x10				
Barbell Lying Triceps Extension (Bar goes behind the neck) 3x10				
Barbell Triceps Extension (sitting) 3x10				
Reverse Grip Triceps Pushdown 1x10				

Remember to warm up before training! 5- 10 minutes on treadmill, rowing machine or exercise bike.
Rest between sets 60 - 90 seconds

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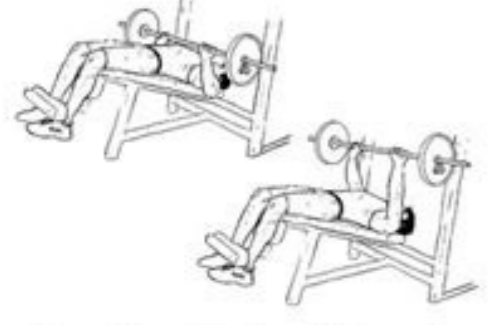
Monday Workout (CHEST)



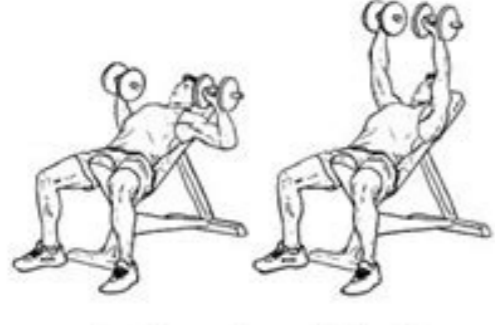
Barbell Bench Press
3 sets - 12 reps



Incline Barbell Bench Chest Press
3 sets - 12 reps



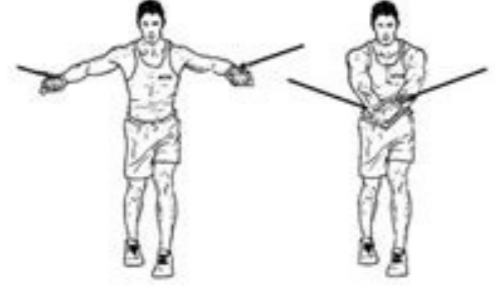
Decline Barbell Bench Press
3 sets - 12 reps



Incline Dumbbell Bench Chest Press
3 sets - 12 reps



Decline Bench Dumbbell Press
3 sets - 12 reps



Standing Cable Crossover Press
3 sets - 12 reps



Discover more simple fitness tools at [WorkoutLabs.com](https://www.WorkoutLabs.com)

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Welcome to the most challenging 30 days of calisthenics that you have never experienced! This is because we will submit to our final calisthenic training plan. This exercise program is for those seeking to reach the limits and be crushed! There are more than 50 body weight exercises included in this Calisthenia training program that do not require fancy equipment or an inscription in a gymnasium. Our 30-day training plan also includes a free PDF to easily follow each of the weekly training routines and plan your training days. I strongly recommend that you read the complete description of the Calisthenia training program below before unloading the PDF from the Calisthenia training plan. Let's get there! For whom is this Calisthenics exercise? One thing I can underline enough: this is not a program of Calisthenics exercises for beginners. All exercises in this Calisthenia practice will require adequate and sufficient way to support your own body weight. If you are just starting your skills skilled to calisthenia, it is important that it is struggling, however, it is also important to keep realistic and work progressively for most difficult physical fitness challenges. If you are a beginner and would like to have a good starting point, I suggest you consult our Calisthenic training program for beginners. It is an 8-week training program for beginners who can start today and that will put it to the current in an instant. Familiarize themselves with the basic movements, different exercises, and bodily weight routines that will later use as a basis for more advanced training. Our Calisthenia training programs based on the skills levels: Final Calisthenia training plan PDF Download = >> Download PDF Final Calisthenia Training Plan

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