



CENTRAL ATHLETE

## 4 Week German Body Comp Plan

# Shift from burning sugars to burning fat



### German Body Comp Training!

German Body Comp training is touted as one of the most effective training tools to improve body composition. The high time under tension, triggers lactic acid to be produced as a byproduct of the amount and duration of muscular contractions. This process has been demonstrated to release



growth hormone. Elevated levels of growth hormones are associated with improvements in body composition.

## Training

### Day 1

4 sets:

A1. DB Romanian Deadlifts @ 3010; 10-12 reps x 3; 30 sec rest

A2. Flat Dumbbell Bench Press @ 3010; 12-15 reps x 3; 30 sec rest

B1. Dumbbell Walking Lunges @ 2010; 10-12 reps/leg x 3; 30 sec rest

B2. Pull-ups (use assisted pull-up machine or bands if needed) @ 3010; 10-12 reps x 3; 30 sec rest

C1. Goblet Squat @ 2011, 10-12 reps x 3; 30 sec rest

C2. Bent Over Barbell Row @ 3010; 10-12 reps x 3; 30 sec rest

### Day 2

A1. Dumbbell Squat @ 3010, 10-12 reps x 3; 30 sec rest

A2. Single Arm DB Row @ 3010, 12-15 reps/arm x 3; 30 sec rest

B1. GHD Hip Extension @ 2020, 12-15 reps x 3; 30 sec rest

B2. DB Shoulder Press @ 3010, 12-15 reps x 3; 30 sec rest

C1. Dumbbell Step-ups (alternating legs) @ 2010, 10-12 reps/leg x 3; 30 sec rest

C2. Incline DB Bench @ 3010, 10-12 reps x 3; 30 sec rest

## The How-Tos

1. For each exercise, you'll need to pick a weight that is hard, but that you can complete the full amount of reps required. Challenge yourself, but make sure you are able to complete the last set. It may take a week or two to find that "perfect" weight for each exercise. Be prepared to push yourself and be uncomfortable, and get comfortable with it! If you're new to this style of working out and are having a hard time with only :30 seconds rest, increase rest to :45 seconds for your first few sessions.

2. Alternate each "paired" exercise. For example, you'll want to complete A1, rest :30 seconds, complete A2, rest :30 seconds, and then continue on with completing A1 again. Do this until you perform 4 sets total of each exercise. Rest 4-5 minutes before moving on to the next paired exercises (for example, B1 and B2).

3. Perform Day 1 and Day 2 at least 48 hours apart. For more advanced athletes, repeat one of the workouts each week for a total of three sessions a week.



4. If you find yourself unable to complete the number of reps in a set, reduce the weight so you can finish out the reps. Use the lower weight the next time you do the workout.
5. Because this type of training is about intensity, you don't want to do this for more than six weeks (depending on your goals and ability.)