

German Body Composition Training Plans

1 Week Workout Program

Day: Workout A



| * | Exercise | Target Reps | Sets | Rest Time | Exercise Instructions |
|----|--------------------------------|-------------|------|-----------|---|
| A1 | Seated Machine Row | 8-12 | 3 | N/A | Press your chest against the chest pad and make sure you don't pull the chest off. Then, pull the shoulders back and elbows through, squeezing the shoulder blades together as hard as you can. |
| A2 | Heels Elevated Dumbbell Squats | 8-12 | 3 | 30 sec | Place a small mat or plates underneath your heels to allow for greater range of movement regardless of ankle mobility. Then screw your feet into the ground, pull your knees out as you sit down and back into a squat, before pushing your feet into the floor & driving up again. |
| B1 | Incline Dumbbell Press | 8-12 | 3 | N/A | Set a bench around 45°. Then lie on your back, pull the dumbbells out and drive the biceps inwards as you press upwards. |
| B2 | Lying Leg Curl | 8-12 | 3 | 30 sec | Drive your hips down into the pad and keep your glutes contracted throughout. Then, maintaining this position, pull your heels up to contract your hamstrings and fully extend your knees on the way back down. |
| C1 | Seated Military Press | 8-12 | 3 | N/A | Shoulder width grip on the bar, pull the bar to your chin keeping the elbows tucked in and drive upwards hard. |
| C2 | Leg Extensions | 8-12 | 3 | 30 sec | Use the handles to pull yourself down into the seat. Keep the chest tall, knees in good alignment (not facing in or out), and extend the legs while squeezing the quads hard. |
| D1 | 45° Hip Extensions | 8-12 | 3 | N/A | Set the pad so the top is level with your hips. Fold from the hips, keeping the spine as neutral as possible, stretching the hamstrings & glutes. Then squeeze the glutes hard & drive your hips into the pad as you come up. |
| D2 | Wide Grip Lat Pulldowns | 8-12 | 3 | 30 sec | Just wider than shoulder width grip on the bar, make sure you have a full stretch above your head at the top of the movement. Then focus on driving the elbows down hard towards your ribs, don't lean back or pull the shoulders back. |

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| * | Exercise | Target Reps | Sets | Rest Time | Exercise Instructions |
|----|--------------------------------|-------------|------|-----------|--|
| A1 | Bent Over Barbell Row | 8-12 | 3 | N/A | Lean over to 45°. Keep the spine & pelvis neutral, shoulder width overhand grip on the bar. Then pull the shoulders back and squeeze the shoulder blades hard as you pull the bar to your stomach. |
| A2 | Barbell Back Squat | 8-12 | 3 | 30 sec | Keep the barbell on the meaty part of your traps, not too high on your neck. Tuck the elbows under the bar, pulling the bar down into your back. Screw the feet into the ground, pull the knees out as you sit back and down into the squat, keeping your chest tall. Push your feet into the ground and drive up. |
| B1 | Seated Machine Chest Press | 8-12 | 3 | N/A | Sit up tall in the seat & keep the elbows around shoulder level. Drive the biceps inwards, pushing the hands together throughout as you press. |
| B2 | Dumbbell RDLs | 8-12 | 3 | 30 sec | Screw your feet into the ground and keep your knees soft (don't lock them out, slight bend). Maintaining this position, keep your chest tall & pull the hips back, stretching the hamstrings & glutes. Then drive the hips forwards, contracting the glutes hard as you do. |
| C1 | Seated Dumbbell Shoulder Press | 8-12 | 3 | N/A | Set the bench upright (or 1 notch down if necessary). Bring the dumbbells to shoulder level, then drive them up and inwards above the head. |
| C2 | Step Ups | 8-12 | 3 | 30 sec | Set the bench flat, then place one foot on the bench and bend the back leg, so you're in a sort of "elevated lunge" position. Then use the front foot to push your body up and onto the bench, before lowering your back leg slowly. |
| D1 | Hip Thrust | 8-12 | 3 | N/A | Using a barbell (or hip thrust machine if your gym has one), lower the weight slowly before thrusting your hips upwards hard and contracting your glutes. |
| D2 | Dumbbell Side Raise | 8-12 | 3 | 30 sec | Stand up tall, pull the dumbbells out to the side keeping your arms straight & leading from the elbows. Be careful not to shrug the shoulders or lead from the hands. |

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| * | Exercise | Target Reps | Sets | Rest Time | Exercise Instructions |
|----|-------------------------|-------------|------|-----------|---|
| A1 | Incline Dumbbell Row | 8-12 | 3 | N/A | Set the bench at 2-3 notches up from the bottom. Then press your chest against the top of the bench and pull your shoulders back while rowing the dumbbells up towards your stomach, squeezing the shoulder blades hard. |
| A2 | Smith Machine Squat | 8-12 | 3 | 30 sec | Place the bar on the meaty part of your traps, not too high on your neck. Shuffle your feet in front of you & lean back onto the bar. Screw your feet into the ground & pull you knees out as you sit down into a squat. Drive your feet into the floor as you push up. |
| B1 | Incline Bench Press | 8-12 | 3 | N/A | Using the incline bench press, with a grip just wider than shoulder width, pull the elbows out as you lower the bar to your chest to lengthen the pecs. Then push the hands & biceps inwards as you press the bar up. |
| B2 | Seated Leg Curls | 8-12 | 3 | 30 sec | Trap your legs in as tight as you can. Keep your chest tall, knees in good alignment (not facing in or out). Pull the heels down as far as possible to contract the hamstrings fully & control the weight back up again. |
| C1 | Standing Military Press | 8-12 | 3 | N/A | Stand up tall, shoulder width grip on the bar. Without leaning back excessively, push the bar overhead, locking the elbows at the top, then bring the bar back to shoulder level. |
| C2 | Leg Press | 8-12 | 3 | 30 sec | Hip width stance on the pad, screw your feet into the pad & pull the knees out as you lower the sled as low as you can without letting your hips lift up. Then push into the pad and drive it up. |
| D1 | Cable Pullthroughs | 8-12 | 3 | N/A | Set the cable to the bottom and use the rope attachment. Stand facing away from the cable stack, pulling the rope between your legs. Then perform normal RDLs, keeping the knees soft and flexing/extending the hips. |
| D2 | Straight Arm Pulldowns | 8-12 | 3 | 30 sec | Set the cable to the top, using the rope attachment. Stand facing the cable stack, lean over to 45° and keeping the arms straight, pull the rope through towards the hips, contracting the lats hard as you do. |

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|----|-----------------------------|-------------|------|-----------|---|
| A1 | Hack Squat | 8-12 | 3 | N/A | Keep the chest tall, feet out in front of you & hip width apart. Screw the feet into the pad, pull your hamstrings down towards your calves and drive up through the heels. |
| A2 | Bent Over Dumbbell Row | 8-12 | 3 | 30 sec | Lean over to 45°, spine nice and neutral. Pull the shoulders back and drive the elbows through, squeezing the shoulder blades hard. |
| B1 | Flat Bench Press | 8-12 | 3 | N/A | Just wider than shoulder width grip on the bar, pull the elbows out as you lower the bar to your chest to lengthen the pecs. Then drive your hands together and pull the biceps inwards as you press. |
| B2 | Barbell RDL | 8-12 | 3 | 30 sec | Shoulder width grip on the bar, chest tall & feet screwed into the floor. Keep a slight bend in your knees & pull the hips back to lengthen the hamstrings & glutes, then contract the glutes hard as you push the hips forwards again. |
| C1 | Seated Smith Machine Press | 8-12 | 3 | N/A | Set the bench upright (or 1 notch down if necessary). Keep the elbows tucked in and pull the bar down to chin level before pushing up again. |
| C2 | Walking Lunges | 8-12 | 3 | 30 sec | Take big strides, lower your back knee to the ground before pushing up and forwards from your front leg. Then repeat the process on the opposite leg, alternating each time in a “walking” fashion. |
| D1 | Single Leg Seated Leg Curls | 8-12/Side | 3 | N/A | Using one leg, trap yourself into the machine tight. Then pull the heel down as far as possible to contract the hamstring fully. |
| D2 | Wide Grip Upright Row | 8-12 | 3 | 30 sec | Stand up tall, use a wide grip on a barbell. Then pull your elbows up just higher than shoulder level, keeping the wrists pointing down to the ground. |