

John Hefner's  
Volume Training Program

**OUTLINE:**

This is an alternate German volume training approach.

Take 1 main exercise per body part and divide it up into 3 variations. Perform 3 sets each, and then tack on an exercise for 1 set at the end. Your goal is all 10s, but if you hit all sets for 10, you have to take the weight up next time!

For those 3 variation lifts, you keep the same weight for all sets.

A good rep sequence at the end might look like this - 10, 9, 8, 9, 10, 8, 9, 10, 10, and then obviously the last exercise for 10 reps. So you start out hitting 10, then you dip into the 8s and slightly rebound with a 10 in the middle lift, then at the end you rebound again for a 10 or so.

Now if you do more than 1 set of 7, take the weight down

If you do not get any set of 10 for the 1st exercise, take the weight down.

Remember if you pick 185 for chest, you do all incline, decline, and flat bench sets at 185.

Having 1 set of 7 in there is ok but not much more.

If you end up having no set of 8, take the weight up next week.

I would start with something conservative so you don't end up with any sets of 7 the first week.

In other words the first 3 exercises are performed back to back without stopping.

So the first set for chest would be composed of

10 reps of Incline Bench

10 reps of Decline Bench

10 reps of Flat Bench

Then a rest

After the final rep of Flat Bench of 3 sets perform one set of Flys for 10 reps!

**MONDAY:**

Quads

Front squat 3\*10 (Hef's variation might drop the reps to 5-7s here)

Back 1 1/2 squat 3\*10

Back squat 3\*10

Leg extension 1\*10

Triceps-(use a curl bar - same weight throughout the 1st 3 exercises)

French press to forehead 3\*10

French press to chin 3\*10

Overhead seated French press 3\*10

Reverse grip press down 1\*10

**TUESDAY:**

Back -

Wide grip pronated pull-up 3\*10

Medium grip pronated pull-up 3\*10

Neutral grip pull-up 3\*10

Bent over row 1\*10

**THURSDAY:**

## John Hefner's Volume Training Program

Hams-(Hefner's variation - Do not have to use same weight)  
1 leg good morning 3\*5  
Good morning 3\*5  
Dead lifts 3\*5  
Lying leg curl 2\*10

Biceps - (use same weight dumbbells throughout the 1st 3 exercises)  
Preacher curl 3\*10  
Incline curl 3\*10  
Standing curl 3\*10  
Reverse curl 1\*10

### **FRIDAY:**

Chest -  
Incline bench 3\*10  
Decline bench 3\*10  
Flat bench 3\*10  
Flat Bench fly 1\*10

Shoulders-(Hef's variation - again, not the same weight here)  
Behind neck 3\*8  
Front press 3\*5  
Dumbbell Shoulder press 3\*10  
Standing side raise 1\*10

### **Here are some Alternative Body Part Splits!**

5 Day Split  
Day 1 - quads  
Day 2 - chest  
Day 3 - back  
Day 4 - hams/shoulders  
Day 5 - arms

a 4 day split

Day 1 - quads/tris  
Day 2 - Back  
Day 4 - hams/bis  
Day 5 - Chest/shoulders

Or another 5 day

Day 1 - quads/bis  
Day 2 - chest  
Day 3 - hams/tris  
Day 4 - bsck  
Day 5 - shoulders

John Hefner's  
Volume Training Program

**All About Health Supplement Suggestions:**



Palo Alto INCARNATE: This product will take your muscle gains up a notch. It activates fast twitch muscle fibers making them more responsive to weight training! INCARNATE will allow an athlete to ward off lactic acid build up and make it through this high volume routine. This product also stimulates the growth of joint and connective tissue in ligaments. Add Incarnate to your daily routine to maximize results!



Dymatize XPAND- This new product by Dymatize will let you capitalize off of increased strength and increased blood flow to your muscles. Since this product does not contain caffeine it will allow your blood vessels to pump more blood into your muscles. Increased blood flow allows for more nutrients to enter the muscle resulting in more intense pumps.



Glutamine- Glutamine makes up 50% off every muscle in the human body. It is essential for recovery. Take 10grams of Glutamine twice a day with your protein shakes. If you take Glutamine in a protein drink before bed it will help stimulate the release of HGH.