

## GET STARTED WITH GERMAN BODY COMP TRAINING

Estimated Reading Time: 3 Minutes

by Poliquin® Editorial Staff

If you need to lose body fat, get started with a German Body Comp training program. German Body Comp is great for beginners because it uses total body training that builds baseline strength throughout the body. GBC is unique because it restores insulin sensitivity and fixes your metabolism. It's ideal for anyone who has metabolic problems or who simply doesn't like cardio.

### WHAT IS GERMAN BODY COMP?

German Body Comp uses weight training exercises with short rest intervals to burn fat while simultaneously building muscle. It is great for fat loss because this style of training leads to an increase in growth hormone, the ultimate fat burning hormone.

German Body Comp workouts for fat loss use multi-joint exercises like squats, lunges, presses, rows, etc. Volume is fairly high with moderately heavy weights that you can lift for 8 to 15 reps, depending on exactly what phase of the training program you are in. Rest is short, ranging from 10 to 60 seconds.

### GET STARTED WITH GERMAN BODY COMP

If you're like most people, you're less interested in why German Body Comp works and just want to get started. Lift weights now; ask questions later. Fair enough.

Here are the important guidelines to understand so you can get started with German Body Comp:

## EXERCISE ORDER

German Body Comp workouts organize exercises in a circuit. You perform two or three exercises in a row and then repeat for the prescribed number of sets. For example, when you see exercises marked A1 and A2, perform one set of A1, one set of A2, and then return to A1 again.

## TEMPO

Tempo is the speed with which you perform the different components of an exercise. Prescribing tempo is important because it dictates how the muscles are stimulated during a lift.

We use four numbers to prescribe tempo:

- 4110
- The first number (4) dictates the seconds it takes for the eccentric motion (the “down” motion in most exercises)
- The second number (1) is the pause before the concentric motion
- The third number (1) is the concentric (lifting or “up” motion of most exercises)
- The fourth number (0) is the pause before the repetition repeats

In the case of a 4110 tempo in the bench press, it takes 4 seconds to lower the weight, there is a 1-second pause at

the bottom position, and then the weight is rapidly pushed up in 1 second, and the rep starts over immediately.

## WEIGHT SELECTION

Regarding weight selection for German Body Comp, you want to choose weights that are challenging but don't cause you to reach failure. Ideally, choose weights that you could lift for approximately four additional reps than those prescribed. For example, if you are supposed to perform 10 reps for your first set, you should be able to perform at least 14 reps with the weight for your first set. Such an approach is ideal for fat loss because it stresses the metabolism without causing excess fatigue to your neuromuscular system.

Here is a workout to use to get started with German Body Comp. Complete novices can start by training 2 days a week on non-consecutive days. Work up to training 4 days a week.

### DAY 1

Order	Exercise	Reps	Sets	Tempo	Rest
A1	Step-Ups	10-12	3	2010	60 s
A2	Seated Row	10-12	3	3110	60 s
B1	Lying Leg Curl	10-12	3	4120	60 s

B2	Dumbbell Bench Press	10-12	3	4011	60 s
C1	Back Extension	12-15	3	2020	60 s
C2	Biceps Curl	12-15	3	3010	60 s
D1	Standing Calf Raise	12-15	3	2110	60 s
D2	Lying Triceps Extension	12-15	3	3010	60s

## DAY 2

Order	Exercise	Reps	Sets	Tempo	Rest
A1	Leg Press	15-20	3	4021	60 s
A2	Lat Pulldown	10-12	3	3110	60 s
B1	Front-Foot Elevated Split Squat	10-12	3	4020	60 s
B2	Dumbbell Overhead Press	10-12	3	4010	60 s

C1	Reverse Sit-Up on Incline	12-15	3	3110	60 s
C2	Hammer Biceps Curl	10-12	3	3010	60 s
D1	Calf Raise Seated	15-20	3	2110	60 s
D2	Triceps Press Down, Rope	12-15	3	3010	60s

## FINAL WORDS

Getting started with German Body Comp training is a surefire way to set yourself on a new path of health and leanness. Combine German Body Comp with a smart nutrition plan that helps you achieve your goals.