

TIME-VOLUME TRAINING

BUILD MUSCLE LIKE CLOCKWORK



By Nick Nilsson

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Time-Volume Training

By Nick Nilsson

Time-Volume Training is a powerful protocol for building mass and strength literally like clockwork, using free weight, machine or bodyweight exercises.

Time-Volume Training is about intelligently using training volume to create overload in muscles...it doesn't require heavy weight or a gym full of equipment to work. In fact, I originally created TVT to use with bodyweight training where you can't easily change resistance.

Instead of building muscle with training INTENSITY (i.e. lifting heavy weights to failure with just a few sets), we will build muscle via WORKLOAD (a.k.a. training volume).

- The "TIME" part of Time-Volume Training refers to the block of time that you're working the exercise/muscle group.
- The "VOLUME" part refers to the work you're doing within that time block.

This method uses basic physiological principles of adaptation to FORCE your body to build muscle and strength...like clockwork.



Time-Volume Training is simple.

TVT is a form of Density Training. The goal of Density Training is to do progressively more and more work within a set period of time.

An example of this with "normal" training would be something like this...

- Let's say on Monday you bench press 200 lbs for 3 sets of 10 reps in 10 minutes.
- Then the following Monday, you bench press 200 lbs for 4 sets of 10 reps in 10 minutes.
- Your training time is the same, your weight used is the same, your reps done per set are the same.
- However, by adding that one additional set, you've just done more work WITHIN that training time, which is an increase in training density.
- This increase in density and workload is a strong stimulus for muscle growth.

You may be familiar with Escalating Density Training (EDT), by well-known strength coach Charles Staley. I actually came up with my version of density training (this Time-Volume Training method) after working with Charles for several years and learning the ins and outs of how his system works.

EDT is extremely effective for building mass and strength and also utilizes blocks of time.

The major difference is this...while EDT is more "free" with how you perform your workouts (there are no set parameters for sets or reps within the time blocks), TVT is more regimented and structured.

Ironically enough, I find it actually frees up your mind to focus on just doing the work without having to worry about tracking your sets and reps, as you do with EDT.

Here's how Time-Volume Training works.

As an example, let's set a 15 minute block of time.

- Choose a weight you could get about 10 reps with.
- First, start by doing a set of 3 reps.
- Then stop and rest 10 seconds.
- Now do another set of 3 reps.
- Stop and rest 10 seconds.
- Keep going using 3 rep sets and 10 seconds rest until you can't get 3 good-quality reps or you would struggle to get that third rep.
- When you hit this point, begin taking 20 SECONDS rest in between your 3 rep sets.
- Keep going using 3 rep sets and 20 seconds rest until you again can't get 3 reps anymore.
- Then take 30 SECONDS rest in between your 3 rep sets.
- If you have to increase again, go to 40 seconds, and so on.
- Keep going in this fashion until your 15 minutes are up.



It really IS just that simple...you just increase REST instead of changing weight.

You can think of Time-Volume Training as essentially one big cluster set or rest-pause set.

You'll do 3 rep sets on 10 seconds rest, until you can't get 3 reps. Then you increase the rest rather than changing the weight. This increase in rest allows you to continue performing sets of 3 reps with that weight.

DO NOT go to failure on any of your reps...the idea is to manage your fatigue so that you can maximize your training volume, doing more sets and reps with LESS rest up front and fewer reps and sets with MORE rest as you fatigue.

This concept is known as Front Loading.

What is Front Loading?

When you perform a training session, you know that you'll be stronger and have more energy towards the beginning of the workout. That's just how it works.

Front Loading simply means that you do more work towards the FRONT of your workout, while you're fresher and stronger. Then, as you fatigue, you do less work.

Olympic lifters will often use this technique in their training by setting up their workouts to do their hardest sets up front, then gradually tapering down the workload as they fatigue in a training session.

We're taking that concept and structuring it to be used with ANY exercise.



Perfect Practice

One of the biggest benefits of Time-Volume Training is that every single rep is done with tight form.

You should NEVER loosen up your form in order to get one more rep. Your form should never be compromised by fatigue...ever. If you even approach that kind of thing happening, you stop the set and increase the rest so that you DON'T compromise form with fatigue.

The extremely high volume will imprint perfect form into your nervous system.

Three is the Magic Number

Why three-rep sets? Well, for our purposes, three really IS the magic number, which is why we'll be doing three-rep sets. Three reps gives you the perfect balance between doing too little work and too much work at one time.

If you do too few reps, you don't put enough tension on the target muscles for a long enough time. If you do too many reps, you start to build up metabolic waste products in your muscles too quickly, limiting the amount of training volume you can do.

In my experience with this method, three is the ideal number.

Now, as with anything, there are exceptions, and TVT is no exception to this.

I do have variations of TVT that strategically use other rep ranges (between 1 to 5 reps) to achieve specific training goals, however the primary rep number I recommend for most TVT workouts is three.

Increase Weight When You EARN It.

This is where TVT really shines.

One of the most frequent questions I've gotten over my 30+ years of training is "how do I know when to increase the weight?"

Time-Volume Training takes ALL of the guesswork out of this process...literally all of it.

You EARN your increases in weight by your performance in the workouts. If you don't meet a certain threshold of performance, you just stick with the same weight until you do.



You will use what I call "The 1/3 Rule" for determining when to increase weight.

- When you can successfully make it at least 1/3 of the way through your chosen time block on 10 seconds rest, then next time you increase the weight.
- If your time block is 15 minutes, you need to make it past 5 minutes on 10 seconds rest.
- If you don't make it 1/3 of the way through on 10 seconds rest, then you stay at the same weight next time.

It's as simple as that.

Let's use bench press as an example, using a 15 minute time block and 135 lbs on the bar.

In Workout #1, let's say you're able to perform 3 rep sets for 3 minutes with 10 seconds rest in between sets, then you have to increase your rest periods to 20 seconds.

Since 1/3 of 15 minutes is 5 minutes, you didn't make the cut. You would stay at this weight for the next workout that uses this same exercise.

In Workout #2, let's say you make it 5 minutes and 35 seconds before you have to go to 20 seconds rest. You made the cut and you earned an increase in weight. Next workout, you would increase the weight and put 145 lbs on the bar then repeat the process.

Increase the weight by a fairly small amount. The amount will depend on the exercise. For a "big" exercise like bench press, squats or deadlifts, I would recommend 10 pounds. For smaller exercises, use a smaller increase like 5 pounds.

This "earned-progression" method is going to give your body time to build a tremendous base of strength and work capacity so that when you do return to heavier, intensity-based training, your body will be primed to make massive jumps in strength without overtaxing your recovery.

What if you used too much weight the first time you do a Time-Volume Training block?

That's easy to fix. If you only made it a minute or two into a 15 minute block the first time you do TVT, you can adjust the weight downward the next time you use that block. I find as long as you select a weight you could normally get about 10 reps for, you should be pretty accurate in terms of loading.

What Time Blocks Should I Use?

I recommend using blocks of 15 minutes for larger muscle groups like back, chest and legs and blocks of 7 1/2 minutes for smaller muscle groups like shoulders and arms.

Calves are a special case in that while they are smaller, they can also handle (and benefit from) a lot more volume. That being said, calves are also quite often a low priority muscle group for many of people. How much time you wish to devote to calf training will depend on where you place calves in your priority list.

Now, these numbers are just suggestions.

I find that 15 minutes for the big muscles gives you enough volume to really get a strong growth effect on the muscles. And since the smaller muscles will also be getting worked along with the big muscles (when you use compound exercises), you don't need to put as much volume on those smaller muscles.

The reason I went with 7 1/2 minutes is that it's half of 15 minutes...and it makes the 1/3 rule easy to follow. Both 15 minutes and 7 1/2 minutes are very easy to do mental math with.

There are a few variations of TVT that use different blocks of time. As well, you can always change up these blocks of time to reflect the time you have available.

For example, I've used blocks of 10 minutes for back, chest and thighs, and I've used blocks of 6 minutes with arms and shoulders. I've also used blocks of 30 and 40 minutes for other variations of TVT.

The key thing to remember is that if you're looking to increase training density and track it, you need to keep those time blocks consistent, week to week. Otherwise, you're changing the variables and the system won't give you the best feedback on your progress.

The Importance of Tracking and Recording

Tracking your workout progress is important with ANY type of training, however, it's even MORE critical with Time-Volume Training, simply due to the nature of the program.

The good news is, it's actually really easy to do with TVT...it's a simple yes/no.

All you have to do is record the exercise, the weight you used and the result of the 1/3 rule.

There's no need to record different weights for every sets or the number of reps you did for every set...you're using the same weight for every set, for the same number of reps, and how many sets you do literally doesn't matter.

The only thing that matters is did you achieve or not achieve the 1/3 rule.

Here's what a sample recording sheet for a workout might look like. I have included a blank workout sheet that you can print off and a spreadsheet that you can use to track long term results.

Exercise	Weight	Time Block	Increase
Bench Press	135 lbs	15 minutes	yes
Barbell Rows	165 lbs	15 minutes	no

You'll be able to see and track your progress over time and you'll know that every single increase you made, you EARNED, not because you broke form or had a workout where you outperformed your usual levels...you increased weight because your muscles are bigger and stronger.

Your gains will be LEGIT.

Bodyweight Training

Time-Volume Training is very well suited for bodyweight training. As I mentioned above, I originally designed it with bodyweight training in mind...a situation where you can't change weight but you CAN change rest periods.

You'll find when using this technique with different bodyweight exercises, where some tend to be easier than others, you'll be able to go longer before having to increase rest. For example, when doing chin-ups, you'll have to increase rest sooner than you will with push-ups.

Rest assured, though, even if you can do 50 push-ups, you'll STILL get to a point where you're not able to do 3 rep sets on 10 seconds rest and you'll have to bump up the rest periods.

It's a great way to work bodyweight exercises without resorting to high-rep endurance training. With the 3 rep sets, you're still hitting the power-oriented muscle fibers, which is what allows you to make this type of training work for mass building.



Recommended Equipment...a Phone Timer App, a Kitchen Timer or a Workout Timer

Since Time-Volume Training is done on a "time" basis rather than rep basis, the best way to gauge time is with a timer.

Personally, I prefer using a kitchen timer for ease of use.

You CAN use the timer app on your phone, but you will need to be able to set it where you can see it (for watching rest periods)...and set your phone so that your screen doesn't go dim after 30 seconds of dormancy.

Kitchen timers are cheap (less than \$10), simple to use, magnetic (so they stick on equipment), and work like a charm.

You just set the timer for your full time block, e.g. 15 minutes, then hit the start button. I recommend setting it for your time block plus about 5 seconds, to give yourself time to get into position for the first set.

Stick the timer where you'll be able to easily see it in between sets (if you're doing two or more exercises, you need to be able to see it between all exercises).



[Here is the kitchen timer I recommend.](#)

You may even be able to find one at a local dollar store, kitchen store or hardware store.

You can also get a timer created specifically for gym training called the [Gym Boss](#). I've used it and it's very effective. It does cost a bit more than a simple kitchen timer but it gives you a lot more features.



Nutrition With Time-Volume Training

Time-Volume Training fits with just about any healthy eating plan for strength training. Whereas some of my programs utilize nutritional strategies and targeted methods, Time-Volume Training is different.

You just need to follow good, basic nutritional concepts and you'll get results.

- Eat high-quality food. Minimize junk food intake
- Try to eat 0.8 to 1 gram of protein per pound of bodyweight per day.
- If you're trying to build mass, eat at least 500 calories more than your maintenance levels.
- If you're trying to lose fat, eat 500 calories less than your maintenance levels.
- Drink lots of water.

Bottom line, as long as your nutrition is generally good and you're following these basic principles, the training will take care of the rest.



The Physiological Effects of Time-Volume Training

Let me be clear...you don't need to know the physiological effects of TVT in order for it to work.

As long as you follow the training protocols, you'll get the benefits, regardless of whether you understand the energy systems of your body and how they interact with each other or not.

If you're interested in these effects, you'll like this part. If you're not, feel free to skip ahead to the "how to" part with the programs and workouts.

1. Hypertrophy / Muscle Growth

This is the primary result we're looking for out of Time-Volume Training...muscle growth. This volume approach to training gradually puts more and more workload on the muscle fibers. As the fibers fatigue and keep working, they accumulate muscle damage, which is a stimulus for growth.

This process happens more "gently" than with intensity-based training in that the effect builds up as you put more and more volume on the muscle fibers.

One of the most beneficial aspects of TVT for growth is how it activates "reserve" motor units and relatively underused muscle fibers.

As you do reps in a block of Time-Volume Training, your body activates what are known as "motor units" to move the weight. Each motor unit is comprised of muscle fibers that are activated by the nervous system in order to move that weight. Your body is very efficient and will only activate just enough motor units to get the job done.

This means that with many other forms of training, you're leaving a lot of muscle fibers complete inactivated...they're not needed and have no reason to work, therefore they don't get any damage and don't receive that stimulus for growth.

With the TVT approach, as you progress through a block of time, you gradually force your body to tap into more and more of these "dormant" motor units and fibers. As fatigue builds up, those "reserve" motor units get called into action...they get worked and they get stimulated for GROWTH.

When doing intensity-based training, your body doesn't always tap into those fibers before fatigue forces you to end the set...and they stay dormant.

2. Increases in Strength

One of the open secrets about effective training for strength is that you should aim to NEVER fail at a lift. You should always strive to use weights that are within your capabilities...with the goal of always working to increase your capabilities.

The Time-Volume Training approach gives your body and nervous system ample time to adapt and improve your overall work capacity and base strength, without overloading to the point of setting you back.

You increase your loads only when you've earned that increase through exercise performance. Your body will adapt and get stronger without getting burnt out.

3. Training Your Energy Systems

You have three primary energy systems in your body...the ATP-PC system, the Anaerobic system, and the Aerobic system.

The short, three-rep sets of Time-Volume Training work the ATP-PC system (which is used for short-duration, power-oriented movements) while the continuous work done with TVT brings in the Aerobic system (which comes into play under low-intensity and recovery conditions).

The Anaerobic system (characterized by lactic acid/lactate build-up) is not used in a meaningful way in Time-Volume Training. In fact, we do our best to AVOID using this system because it will impair the overall training volume you're able to use in the workouts.

The Anaerobic system is used by pretty much EVERY other style of weight training you've ever done...anything over 5 reps starts building up lactate in the body...and the more reps you do, the more that lactate build up (a.k.a. "the burn"/lactic acid).

This means your Anaerobic system is likely already well-trained...your ATP-PC and Aerobic systems are the ones in need of training.

And those two systems are exactly what Time-Volume Training targets. With it, you're developing increased capability for using your strongest energy system (ATP-PC), more frequently and for longer overall bouts of activity.

If you're familiar with the term "old man strength," this is exactly what this type of training builds...meaning the capability of working for long periods at a high level of strength and performance....and the best part is, you don't have to be an old man to get it!

4. Training Your Fast Twitch Muscle Fibers

Your fast twitch muscle fibers have greater growth potential than your slow twitch muscle fibers.

Performing three-rep sets focuses primarily on those fast-twitch muscle fibers. Over the course of the workout, these fast-twitch fibers get fatigued (and damaged) by the volume of the work you're doing, not the intensity of the work (as measured by a % of one rep max).

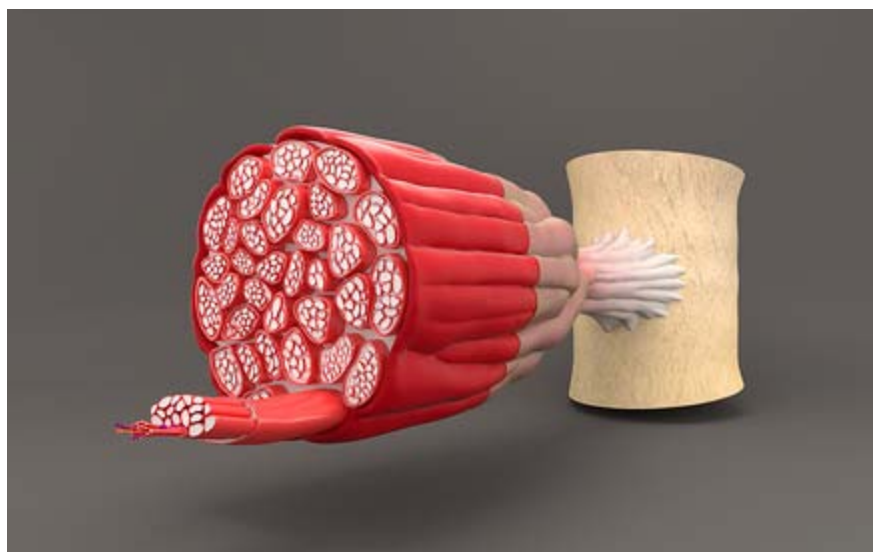
That being said, as you progress through a TVT workout, the "in-the-moment" intensity level of your workout rises...until you get to the point where you have to increase rest to 20 seconds.

For example, if you're bench pressing with 135 lbs and that would normally be 60% of your 1 rep max, as you fatigue, that percentage level of your 1 RM climbs higher and higher BECAUSE of fatigue over time....62%...66%...73%...etc.

When you get to the point where you have to increase your rest to 20 seconds, you're operating at about 90-95% of your current "fatigue-adjusted" 1 RM.

This means you're getting the fast twitch fiber-working benefits of a higher level of intensity but without the injury risk or "nervous system beat down" that you would get actually training with very heavy weights.

Then, when you increase the rest to 20 seconds, you bring that "fatigue-adjusted" 1 RM back down and repeat the build-up...until you either finish the time block or you have to increase the rest to 30 seconds.



5. Using Moderate Loads and Staying Away From Failure Protects Your Nervous System

High intensity training is very hard on the nervous system. It's the reason no top-level strength athlete trains at peak intensity all year long.

Strength athletes build up their tolerance to intensity gradually, over time, peaking for competition...then they pull back.

Recreational strength trainers often forget this lesson, constantly attempting to lift heavier and heavier without any sort of break or pull back. This leads to burnout and injury.

Heavy weight, high-threshold training absolutely has its place and is definitely necessary for building top-end strength, however, Time-Volume Training purposefully stays away from this level of nervous system activation and burnout, making it a great training approach for somebody looking to increase their workload and strength capacity without trashing their nervous system.

This means, if you've been training hard and heavy for a long time, you're going to finally RECOVER...and your body will start piling on mass and strength...yes...like clockwork.

6. The Mental Benefits and Cortisol Connection

TVT trains your brain to accept that it can perform for long periods of time without getting exhausted and without freaking out. You develop "go all day" strength capabilities.

There is no dread before a set or an increase in heart rate when you start a Time-Volume

block of training. The weight you're using is well within your capabilities.

There is no "fight or flight" reaction in your body or associated spike in cortisol levels.

This means you're not experiencing the negative hormonal aspects of heavy weight training. You just put in the work with volume and you allow your body to build muscle and strength.



Time-Volume Training Programs and Workouts

Now that you now the mechanisms by which Time-Volume Training works its magic, let's get into the nuts and bolts of how to put it into practice.

In the first section, you'll find a variety of programs that are structured around the Time-Volume Training protocol format for different uses and goals.

In the next sections, you'll get a sampling of the various different forms of Time-Volume Training you can do, utilizing different exercise and rep schemes.

Time-Volume Training Programs

- [Standard Time-Volume Training](#)

This is the original, base version of Time-Volume Training. Here you'll learn how to put together full workouts and long-term programs using TVT.

- [Bodyweight TVT for Mass](#)

If you want to build muscle using bodyweight exercises only, this version of TVT will show you how.

- [Simple TVT Mass and Strength](#)

This program is a combination of Time-Volume Training and a simple strength training protocol. These two methods utilize the principle of accumulation (volume) and intensification (heavy weight) to build muscle and strength very effectively.

- [TVT for Fat Loss](#)

Because of the high-volume, moderate-intensity nature of TVT, it's excellent for fat loss training. Learn which styles of TVT are most useful for incorporating into a fat loss program.

- [5-Day TVT Overload](#)

This is a short, plateau-buster style of program. You'll take one exercise and massively overload it with strategic, targeted volume over the course of 5 days.

- [TVT for Strength](#)

Time-Volume Training can be adapted to focus on strength. In this program, you'll learn how to adjust rep ranges, styles and exercise selection to build both base and top-end strength.

- [TVT Muscle Specialization](#)

Got a particular muscle group you need to bring up? TVT is the perfect means to do it with. Targeted volume is one of the single best ways to improve a bodypart.

How to Incorporate Different Variations of Time-Volume Training

I recommend you start with at least a few sessions with Standard Time-Volume Training to get the best idea of how this overall concept works and how the weight progression works, i.e. the 1/3 rule.

Once you get a feel for it, then you can decide whether you'd like to go forward with a full program of Standard TVT or put together your own custom blocks of TVT using the workouts below.

Any of the variations below can be mixed and matched however you like.

For example, you may want to do an entire workout of In-Set Superset TVT. Or you might find that different variations of TVT work better for different muscle groups, especially for larger and smaller muscle groups (like back versus biceps).

With that in mind, you can put together customized workouts based on your preferences and experiences, mixing and matching TVT variations within a workout. This makes Time-Volume Training endlessly customizable to your goals.

Hypertrophy Workouts

- [Standard Time-Volume Training for Bench Press](#)
- [One and One Quarter Rep Time-Volume Training for Upper Chest](#)
- [One and One Quarter Rep TVT Using Pendlay Rows](#)
- [Band Handcuff Pull-Ups and Bench Press Time-Volume Training](#)
- [Barbell-Dumbbell Time-Volume Training for Chest](#)
- [Barbell-Dumbbell Time-Volume Training for Back](#)
- [Barbell-Dumbbell Time-Volume Training for Shoulders](#)
- [Barbell-Dumbbell Time-Volume Training for Biceps](#)
- [Barbell-Dumbbell Time-Volume Training for Triceps](#)
- [Closed Chain / Open Chain Time-Volume Training for Back](#)
- [Closed Chain / Open Chain Time-Volume Training for Chest](#)
- [Closed Chain / Open Chain Time-Volume Training for Triceps](#)
- [Delt Isolation Time-Volume Training](#)
- [Front-To-Back Squats Time-Volume Training](#)
- [Hybrid Time-Volume Training for Chest](#)
- [In-Set Superset Time-Volume Training for Back](#)
- [In-Set Superset Time-Volume Training for Biceps](#)
- [In-Set Superset Time-Volume Training for Chest](#)
- [In-Set Superset Time-Volume Training for Triceps](#)
- [Mechanical Drop Time-Volume Training for Bench Press](#)
- [Mechanical Drop Time-Volume Training for Upper Arm Flexors](#)
- [Mechanical Drop Time-Volume Training for Upper Chest](#)
- [Pre-Exhaust Time-Volume Training for Back](#)
- [Pre-Exhaust Time-Volume Training for Back 2](#)
- [Pre-Exhaust Time-Volume Training for Chest](#)
- [Primary-Secondary Time-Volume Training for Hamstrings](#)
- [Primary-Secondary Time-Volume Training for Traps](#)
- [Stretch-Focused Time-Volume Training](#)
- [Two Exercise Time-Volume Training for Biceps](#)
- [Two Exercise Time-Volume Training for Calves](#)

Strength Workouts

- [Antagonistic Time-Volume Training](#)
- [Countdown Time-Volume Training for Squats](#)
- [Countdown Time-Volume Training for Deadlifts](#)
- [Countdown Time-Volume Training for Incline Barbell Bench Press](#)
- [40 Minute Partial Range Antagonist Time-Volume Training](#)
- [Single Rep Time-Volume Training for Squats](#)
- [Single Rep Time-Volume Training for Bench Press](#)
- [Single Rep Time-Volume Training for Deadlifts](#)
- [Single Rep Antagonistic TVT for Deadlifts and Bench Press](#)
- [Single Rep Antagonist Time-Volume Training for Arms](#)
- [Single Rep Antagonistic TVT for Squats and Hang Clean and Press](#)
- [Wave Loading Time-Volume Training](#)

Fat Loss and Conditioning Workouts

- [15 Minute Non-Stop Time-Volume Training for Everything](#)
- [Single Rep 4 Exercise Time-Volume Training](#)
- [Loaded Carry Time-Volume Training](#)
- [Kettlebell Swing Walk Time-Volume Training](#)

Bodyweight Workouts

- [40 Minute Antagonistic Extended Time-Volume Training](#)
- [40 Minute Extended Time-Volume Training](#)
- [5-3-1 Bodyweight Time-Volume Training](#)
- [Mechanical Drop Time-Volume Training for Back](#)
- [No-Rest Antagonistic Bodyweight Speed Time-Volume Training](#)

Time-Volume Training Standard Program

Programming is actually VERY simple with Standard Time-Volume Training. All you have to do is decide on an overall split, select an exercise for each muscle group, and a time block for that muscle group. The rest basically takes care of itself.

The only stipulation I recommend is to keep your total workout time to under an hour. This includes setup time for the next exercise, in between exercise blocks.

This type of training concept is simple enough where you can also just insert it into whatever your favorite training split is. My preference is for a 2 day on, 1 day off, 2 day on, 2 days off type of training split, e.g. Monday, Tuesday, Thursday, Friday.

Here's what a sample split on this schedule might look like.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6/ 7
Back - 15 min	Thighs - 15 min	Rest	Chest - 15 min	Delts - 7.5 min	Rest
Chest - 15 min	Hams - 10 min		Back - 15 min	Hams - 10 min	
Biceps - 7.5 min	Delts - 7.5 min		Triceps - 7.5 min	Thighs - 15 min	
Triceps - 7.5 min	Calves - 7.5 min		Biceps - 7.5 min	Calves - 7.5 min	
Total workout time: 45 minutes	Total Workout Time: 40 minutes		Total workout time: 45 minutes	Total Workout Time: 40 minutes	

This 4 day split gives you a good frequency of training (twice a week for each muscle group), with enough recovery to make consistent progress.

Other Split Options

As I mentioned, you can adapt this style of training to just about any type of training split you prefer.

1. 6 Days a Week

If you like training 6 days a week, you might decide to do this same two-day split, repeated three times in the week. This would give each muscle group direct work three times each week.

You may need to reduce the time blocks for each muscle group if you decide to do this (e.g. 10 minutes for big muscles, 6 minutes for small muscles) so that you're not piling on too much volume, too frequently.

If you can recover from doing more volume and continue to make progress, no problem. The TVT method will tell you exactly how you're doing in that department as long as you track it.

Here's what the higher frequency with shorter time blocks might look like:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Back - 10 min	Thighs - 10 min	Chest - 10 min	Delts - 6 min	Back - 10 min	Thighs - 10 min
Chest - 10 min	Hams - 8 min	Back - 10 min	Hams - 8 min	Chest - 10 min	Hams - 8 min
Biceps - 6 min	Delts - 6 min	Triceps - 6min	Thighs - 10 min	Biceps - 6 min	Delts - 6 min
Triceps - 6 min	Calves - 6 min	Biceps - 6 min	Calves - 6 min	Triceps - 6 min	Calves - 6 min
Total workout time: 32 minutes	Total Workout Time: 30 minutes	Total workout time: 32 minutes	Total Workout Time: 30 minutes	Total workout time: 32 minutes	Total Workout Time: 30 minutes

2. Push/Pull

With this popular split, you'll be performing "push" exercises on Day 1 and "pull" exercises on Day 2.

Examples for push would be any form of pressing, dips, squats, pushdowns, etc., whereas pull examples would be rows, chin-ups, deadlifts, and curls.

Day 1 - Push	Day 2 - Pull	Day 3	Day 4 - Push	Day 5 - Pull	Day 6/ 7
Chest - 15 min	Back - 15 min	Rest	Chest - 15 min	Back - 15 min	Rest
Delts - 7.5 min	Hams - 10 min		Delts - 7.5 min	Hams - 10 min	
Thighs - 15 min	Biceps - 7.5 min		Thighs - 15 min	Biceps - 7.5 min	
Triceps - 7.5 min	Calves - 7.5 min		Triceps - 7.5 min	Calves - 7.5 min	
Total workout time: 45 minutes	Total Workout Time: 40 minutes		Total workout time: 45 minutes	Total Workout Time: 45 minutes	

3. Upper Body / Lower Body

Again, this is another very popular training split. You separate your upper body and your lower body between the two training days.

If you use this method, because there are more muscles to work in the upper body, you may need to reduce your time on the smaller muscle groups for upper body in order to keep workout time in the optimal range.

This split would allow you to put volume on your lower body (especially hamstrings and calves).

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6/ 7
Back - 15 min	Thighs - 15 min	Rest	Back - 15 min	Thighs - 15 min	Rest
Chest - 15 min	Hams - 15 min		Chest - 15 min	Hams - 15 min	
Delts - 5 min	Calves - 15 min		Delts - 5 min	Calves - 15 min	
Biceps - 5 min			Biceps - 5 min		
Triceps - 5 min			Triceps - 5 min		
Total workout time: 45 minutes	Total Workout Time: 45 minutes		Total workout time: 45 minutes	Total Workout Time: 45 minutes	

4. Big Muscle / Small Muscle

With this split, you would work all the bigger muscle groups on Day 1 and all the smaller muscles on Day 2.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6/ 7
Back - 15 min	Delts - 9 min	Rest	Back - 15 min	Delts - 9 min	Rest
Chest - 15 min	Hams - 9 min		Chest - 15 min	Hams - 9 min	
Thighs - 15 min	Biceps - 9 min		Thighs - 15 min	Biceps - 9 min	
	Triceps - 9 min			Triceps - 9 min	
	Calves - 9 min			Calves - 9 min	
Total workout time: 45 minutes	Total Workout Time: 45 minutes		Total workout time: 45 minutes	Total Workout Time: 45 minutes	

5. Splits I Would NOT Recommend

There are just a couple of splits that I don't think work very well with the Time-Volume Training method.

The first would be a "one bodypart per day" type of split, where you're doing a massive amount of volume for just one muscle group each day.

This would have you doing either just one exercise for 30-40 minutes each time (which would be overkill if done regularly) or doing multiple exercises for the same bodypart (which would throw off the 1/3 rule on the successive exercises due to fatigue...and also it would be overkill).

The second would be a "total body" split, trying to work everything in each session.

You either won't be able to get enough volume in on each muscle group to make it effective or you'll be in the gym for several hours each time you train, neither of which will be effective in the long run.

IMPORTANT! Exercise Selection

You can use any exercises you want...however...I do recommend you work with exercises that you know are effective for YOU.

As well, when you're planning a training block of 4 to 6 weeks, stick with the SAME exercises for the entire period of time. This is how you really maximize the effect of volume overload. Switching exercises too frequently doesn't allow your body to know what it's supposed to adapt to.

When training a muscle group twice a week, choose two different exercises for it, and alternate them. If you're using a 6-day split, you can choose three different exercises.

Overall, though, for best results using Time-Volume Training for building muscle, make your choices and stick with them for 4 to 6 weeks.

For example, if you're using the first split from the beginning of this chapter, this might be your exercise selection:

Day 1:

Chest - flat barbell bench press

Back - chin-ups

Biceps - barbell curls

Triceps - lying tricep extensions

Day 2:

Thighs - barbell back squats
Hamstrings - Romanian deadlifts
Delts - dumbbell shoulder press
Calves - standing calf raises

Day 4:

Chest - incline dumbbell bench press
Back - deadlifts
Biceps - incline dumbbell curls
Triceps - close grip dumbbell bench press

Day 5:

Thighs - barbell front squats
Hamstrings - lying leg curls
Delts - dumbbell lateral raises
Calves - seated calf raises

When To End a Training Block

Each training block should be 4 to 6 weeks long...so how do you know if the block should be 4, 5 or 6 weeks?

Your results.

If you find your results and strength plateauing after 4 weeks, it's time to switch things up. You can select different exercises and/or a different type of training split. If you find you're still making progress after 4 weeks, go for 5 weeks...or 6 weeks.

Generally speaking, the more advanced you are in your training age, the more frequently you'll want to change up your exercises.

You may even find that you want to just change up exercises in a couple of muscle groups because they're working very effectively, but switch up exercises in the others.

For example, you might find that your barbell squats are building nicely and you want to keep those moving, while you want to switch to incline barbell bench press instead of flat barbell bench press.

This type of training is extremely customizable to your own results and preferences.

Bodyweight Time-Volume Training for Mass

If you've only got bodyweight available for training with, you can still build mass and strength very effectively with Time-Volume Training.

The concept of training density is perfect for bodyweight training, because instead of changing weights, you're simply using the same weight but doing more volume within a set block of time. This produces overload on the muscles just as effectively as increasing weight.

You'll find when using this technique with different "degree of difficulty" exercises, you'll be able to go longer before having to increase rest. For example, when doing chin-ups, you'll have to increase rest sooner than you will with push-ups.

It's a great way to work bodyweight exercises without resorting to high-rep endurance training. With the 3 rep sets, you're still hitting the fast-twitch muscle fibers, which is what allows you to make this type of training work for mass building.

Here are the time blocks I recommend to use for this type of training. Aim to keep your total workout time to under an hour.

Back	15 minutes
Chest	15 minutes
Thighs	15 minutes
Hamstrings	10 minutes
Shoulders	10 minutes
Biceps	10 minutes
Triceps	10 minutes
Calves	10 minutes
Abs	10 minutes

As with [Standard Program Time-Volume Training](#), you can simply insert bodyweight exercises into whatever your favorite training split is.

My preference is for a 2 day on, 1 day off, 2 day on, 2 days off type of training split here. e.g. Monday, Tuesday, Thursday, Friday.

Here's what a sample routine that I did using bodyweight exercises looked like for me:

Day 1:

Back - 15 minutes of chin-ups - I was using a regular underhand, close grip for these, coming all the way up and down to full extension.

Chest - 15 minutes of dips - I was using two chairs with the back facing each other. I would set my hands on the tops of the chair backs and do dips in between the chairs. Make sure the chairs don't have wheels on the bottom and won't slide out.

Combination of Calves and Abs - 10 minutes - NO rest in between bodyparts or sets. I would just go straight from one-legged calf raises (5 reps on each leg using no weight) then right into [Abdominal Sit-ups](#) (5 reps on that exercise, too) then back to calves. Because they're such unrelated bodyparts, they're getting rest while you're working the others, so you don't need to insert specific rest for them.

Biceps - because I did 15 minutes of chins, my biceps already got a lot of work. I would just finish the workout with one set of [flexed arm hangs](#).

Total workout time: 45 minutes

Day 2:

Thighs - 15 minutes of [Bench Step One Legged Squats](#) - Basically, this exercise is a one-legged squat done standing on a chair or bench. Because you're standing up off the ground, you can drop down a lot further, increasing the overall workload. I also recommend holding onto something for support.

Hamstrings - nothing for me here - the deep bench step squats were PLENTY of work for the hamstrings, believe me. In a normal split, you would do 10 minutes of hamstring work for this type of Time/Volume training.

Shoulders - 10 minutes of [Pike Handstand Push-Ups](#). This is a great exercise for shoulders - it's a bodyweight exercise, making it very effective for functional strength AND it's easy enough where if you've got decent shoulder strength, you should be able to get good training volume. In that same link above, you'll also find Horizontal Push-Ups, which is an easier version of it.

Triceps - 10 minutes of Close Grip Push-Ups - even though I can normally do about 40 to 50 of these in a row, after about 8 straight minutes on 10 seconds rest, I had to increase to 20 seconds rest. The fatigue catches up to you and you'll really be feeling how effective this training is.

Total Workout Time: 35 minutes

Exercise Selection

Time-Volume Training is one of THE best ways to get a mass-building effect out of bodyweight training that I've ever found, especially when you can get high reps with an exercise (such as with push-ups).

That being said, using more relatively challenging versions of bodyweight exercises will help you get more out of the training.

For example, instead of doing regular push-ups with your feet on the ground, try using elevated-feet push-ups instead.

With exercises like chin-ups or pull-ups, you may not currently be able to get enough reps to do effective TVT. In this case, you could use an exercise like an inverted row instead, which is easier.

You can also use a strength-focused version of TVT to build up your strength for that specific exercise as well.

Final Note:

Overall, the base concepts of Time-Volume Training apply just the same to bodyweight training as they do to free weight or machine training.

You perform 3 reps then rest 10 seconds...and repeat.

Time-Volume Mass and Simple Strength Program

This is a simple progressive resistance-focused program that I found to be EXTREMELY effective for building mass and gaining strength. I used this to gain 15 lbs of relatively lean mass in 3 months and get my deadlift back up to 550 lbs (it had been around 450 at the start of the program).

There's nothing fancy about it...it's all about putting in the work and moving your weights up gradually each week.

It's essentially two phases that you will repeat on a weekly basis. You're going to build a bigger base, then build on that base every week.

This program uses a programming method known as "Accumulation and Intensification," which takes advantage of your body's response to training volume and heavy loads.

With this program, you're going to be alternating between the two extremes of high-volume/moderate weight and low-volume/heavy weight.

It's extremely effective for building muscle and strength at the same time.

Phase 1 - Time-Volume Training

This first block of time is the "accumulation" portion of the program that focuses on building mass through training volume.

The first two training days are done with the Standard Time-Volume Training method of 3 rep sets with 10 seconds rest. These workouts should be done conservatively in terms of weight, especially on the first session so you get a good baseline.

You can increase weight from there as you EARN your loads by performing 3 rep sets for the prescribed portion of time. Basically, you have to make it through a set amount of time (1/3 of the time block) before you should increase the weight.

This ensures your body is capable of sustaining the increased load and making progress. One of the biggest killers of strength training cycles is increasing weight too fast.

Phase 2 - Simple Strength Training

The second block of two training days are done with a very simple strength protocol. This is the "intensification" portion of the program, where you increase loads, increase rest time and decrease training volume.

It's more based on MOVEMENTS rather than bodyparts, so in terms of exercise selection, definitely make sure you're including the basic movement patterns here (pressing, pulling, squatting, etc.).

I've included what I used for general movement patterns when I did the program. You can sub in whatever exercises you like but I did find that in general, the upper body (ish) / lower body focused split was very effective (obviously, deadlifts aren't strictly upper body).

The 5 rep strength sets that you start with are more for muscle activation and preparing the body (muscle, connective tissue and nervous system) for the heavier loads to come. Therefore DO NOT select a weight that will push you to the limit on the 5 rep sets. It should be heavy but not a 5 RM...more of a 7-8 RM load.

The next sets of 3 reps, 2 reps and 1 rep should be the tougher ones. You should increase the weight on each set, however still keep it within your reach in terms of load...i.e. don't push to the max, even on the single rep sets. Close, but not all out. We never want to be maxing out all the time.

As well, even if you feel you can do more reps at a certain weight, DON'T do more reps. Keep it in the tank. For example, if you're doing a 3 rep set and you feel you could get 4 or 5 reps, still just do the 3 reps. It'll allow you to gauge how much heavier you can go on the next set of 2 reps.

The Overall Workout Schedule:

In terms of overall workout scheduling, I recommend this type of approach:

Monday	Day 1
Tuesday	Day 2
Wednesday	Off
Thursday	Day 3
Friday	Off
Saturday	Day 4
Sunday	Off

The two days of volume training can be done back to back. You'll get better strength results by having a rest day in between the two strength days for better recovery.

That being said, you can also move Day 4 back to Friday if you prefer to do all your training on weekdays. Personally, I like to have an extra day in between heavy strength sessions for better recovery between heavy deadlifts and heavy squats.

You can select whatever exercises you prefer for any of the training days. Just make sure you DO THE SAME exercises every single week to give your body a consistent stimulus to adapt to. This is critical for Time-Volume Training to be most effective and to build strength every week reliably, too.

Once you've picked your exercises, stay with them for the entire block of training (4-6 weeks)...this is CRITICAL.

You can change up the exercises (if you want) on the next block of this training that you do. I've listed sample exercises below, but you can use whatever you want to (especially if you need to work on other aspects of your lifting and/or physique, or you're simply unable to perform those exercises).

Day 1 - Time-Volume Training

Chest - Barbell Bench Press	15 minutes	1/3 time at starting weight to increase weight
Back - Straight Bar Double Overhand Grip Deadlifts	15 minutes	1/3 time at starting weight to increase weight
Biceps - Barbell Curls	7.5 minutes	1/3 time at starting weight to increase weight
Triceps - Pushdowns	7.5 minutes	1/3 time at starting weight to increase weight

Day 2 - Time-Volume Training

Squats - Safety Squat Bar	15 minutes	1/3 time at starting weight to increase weight
Hamstrings - Leg Curls	7.5 minutes	1/3 time at starting weight to increase weight
Calves - Standing Calf Raises	7.5 minutes	1/3 time at starting weight to increase weight
Shoulders - an isolation exercise of choice (e.g. laterals)	7.5 minutes	1/3 time at starting weight to increase weight

Day 3 - Simple Strength Training

(press) DB Bench Press	5, 3, 2, 1 reps	3 minutes rest between sets
(pull) Trap Bar Deadlifts	5, 3, 2, 1 reps	3 minutes rest
(curl) Barbell Curls	5, 4, 3 reps	2 minutes rest
(tricep or overhead press) Close Grip DB Bench Press	5, 4, 3 reps	2 minutes rest

Day 4 - Simple Strength Training

(squat) Bottom Start Squat	5, 3, 2, 1 reps	3 minutes rest
(hip extension) Stiff-Leg Deadlifts	5, 3, 2, 1 reps	3 minutes rest
(traps) Barbell Shrugs	5, 4, 3 reps	2 minutes rest
(glutes) Barbell Hip Thrusts	5, 4, 3 reps	2 minutes rest
(core) Barbell Curl Squats	5, 3, 1 reps	1.5 minutes rest

Deloading:

After 4-6 weeks (depending on how you feel and the results you're getting), I recommend taking a deload week. I did it after 4 weeks and did 3 total blocks of this training in a row.

Use the same exercises...just reduce the block time in half on the first two TV days and go back to your Week 1 weights. On the Strength days, do the same rep format...just go back to your Week 1 weights as well. This will keep your body in the groove for the exercises while still allowing for recovery.

When you go back to the training, jump right back in where you left off...if you earned an increase in load, take it.

Cardio:

You can do some light cardio if you want, but know that it might interfere with the goal of this program. I would recommend only doing it on the first 3 days (along with Time-Volume Training or on the first rest day. Cardio and heavy strength training don't really mix.

Time-Volume Training for Fat Loss

Even though Time-Volume Training was originally designed for building muscle, it is actually VERY effective for use during a fat loss program. The large amount of training volume done at a moderate intensity is very effective for maximizing fat loss while minimizing muscle and strength loss.

In fact, when using TVT along with a good fat loss diet, you may find you actually GAIN some muscle mass.

When it comes to using TVT for fat loss, you actually don't need to deviate much from the original method. In fact, I recommend you DON'T. This type of training just in general is extremely effective for fat loss. You can use any of the splits that I talked about in the [Standard Time-Volume Training](#) chapter very effectively for fat loss.

That being said, there are some tips and programming tricks you can use.

1. Stay a Bit Further Away From Failure

When you're on a fat-loss diet, your recovery will be reduced. Because of this, keep an extra rep or set in the tank when you're doing your TVT blocks. Basically, instead of doing a rep that you might have to grind out, just end the set there, even if you do just one rep instead of two or three.

As you use TVT more, you'll learn from experience when you're getting to the point where you should increase the rest periods.

2. Utilize "No Rest" versions of TVT

I've put together several workouts that actually use no rest at all when you first start.

[One example is the 15-Minute Non-Stop TVT workout.](#)

These are done with multiple exercises, so the time you take to go from one exercise to the next is the only rest you get. When you are unable to continue like this, THAT is when you start taking 10 seconds rest.

This gives you the benefits of resistance training with the benefits of longer-duration cardio training, all in one workout.

3. Do TVT Loaded Carries Instead of Traditional Cardio

One of the most effective ways to burn a tremendous amount of calories is to do Time-Volume Training with loaded carries, like Farmers Walks, for example.

You get the benefits of movement (like walking) coupled with the benefits of carrying (strength and muscle loading). This not only gives you increased calorie burning during the workout, the loaded aspect of the training cranks up your metabolism long after the training is done.

[Time-Volume Training Loaded Carries](#) is one of the single best forms of training you can do for fat loss.

4. Keep Using Relatively Heavy Weights

One of the biggest mistakes people make with fat loss is to immediately stop lifting heavy weights and start doing only light weight exercises for very high reps.

Your body NEEDS that heavy stimulus during a fat loss program in order to send the signal that it should hold onto muscle mass.

This doesn't mean try and hit PR's and try to use near-limit weights on your sets. It just means you still need to include relatively heavy loads in your workouts.

[A good example of this is the Single Rep 4 Exercise TVT workout.](#)

5. Should I Do Normal Cardio?

You can if you want to...but you don't have to.

Time-Volume Training utilizes the aerobic energy system for recovery in between sets...it is in constant use while you're doing the training. This gives you a similar effect to long-duration cardio training.

Doing MORE long-duration cardio training (like walking) is totally fine as it won't have an impact on your recovery.

If you like to do High Intensity Interval Training (HIIT), you absolutely can. I would recommend trying to do that either as a separate session on the same day or on "rest" days from TVT. I would also keep it to no more than 3 times per week.

6. What's the Best Diet to Use?

This is total personal preference...whatever works best for you is going to be fine for TVT. This style of training doesn't need any particular nutrient intake or strategies to be effective for fat loss.

It DOES need a caloric deficit, just like any other fat loss program...and whatever program you find allows you to best achieve and maintain that caloric deficit is what you'll want to do.

My own "Metabolic Surge - Rapid Fat Loss" program is one of the best ones out there and actually DOES incorporate Time-Volume Training directly into the system strategically. [You can learn more about Metabolic Surge here.](#)



Conclusion:

One of the biggest benefits of Time-Volume Training is its versatility. It can be used for just about any training goal you want to achieve, including fat loss.

It also has some very specific benefits for fat loss training that make it a great choice (i.e. moderate intensity, high workload, easy on the nervous system) for when you want to lose fat.

5 Day TVT Overload

This short but powerful plateau-buster program is going to allow you to make MASSIVE improvements in a very short period of time, either to a specific exercise or exercises and/or a targeted muscle group or groups.

This is a 5-day overload program that is going to put an incredible amount of targeted volume on your body.

This short program is based on Week 2 of my [Muscle Explosion mass-building program](#), which is a plateau-busting program that utilizes strategic eating and training strategies to build muscle FAST.

In our case, we're just going to take that second week of overload training and do it on it's own. The results won't be quite as dramatic as if you were to use it within the context of the full program, but it's still extremely effective for bringing up a target exercise or muscle group.

Here's what the overall structure will look like.

- Day 1 - 20 minutes
- Day 2 - 25 minutes
- Day 3 - 30 minutes
- Day 4 - 35 minutes
- Day 5 - 40 minutes

Method Selection

You're going to choose ONE exercise or TVT method for the full 5 days, meaning you may choose to use the primary TVT method for bench press and do just that for all 5 sessions.

Or you may decide you'd like to try Antagonistic TVT so that you can work on two different exercises at one time...or Pre/Post-Exhaust Training so that you can really hammer one muscle group hard.

You may want to focus on strength or you may want to focus on muscle building...or you may wish to bring up a bodyweight exercise like chin-ups (I've used this technique with chin-ups and it works GREAT).

What I wouldn't recommend using would be any of the variations that are more suited for metabolic conditioning and fat loss, i.e. ones that utilize more than two exercises or that start off by taking no rest in between exercises.

How to Do It

It's very simple....once you've chosen your TVT method and exercise(s), on Day 1, do it for 20 minutes. On Day 2, do it for 25 minutes, etc.

We're gradually building up the volume, giving your body time to adjust to the training. The specificity of the training is going to tune your nervous system to exactly what you're doing, allowing for very fast increases in strength and volume tolerance.

In terms of loading, follow the guidelines of the specific type of TVT you've selected (e.g. a weight you could do for 10 reps, if you're doing classic TVT).

On the second day, if you're using a free weight exercise, as long as you made it about 4 or 5 minutes at 10 seconds rest on Day 1, increase the weight a little on Day 2. Then do the same on Day 3 and Day 4, increasing the weight a little each time.

On Day 5, go back to your original starting weight. You will likely see a MASSIVE increase in exercise performance on that training day due to the very specific nature of the training you've been doing.

Conclusion

Overall, this method is a GREAT way to incorporate Time-Volume Training into your regular training. I like to use it as a plateau-buster type of program when I want to put a lot of volume on a specific exercise or exercises.

When you finish it, take two days off, then go right back to your regular training...or do it again with a different exercise.

Time-Volume Training for Strength

In most strength-targeted programs, the primary focus is on training intensity (as measured by a percentage of your 1 rep max) and not training volume.

That's because as you move heavier and heavier loads, you can't do as many sets with those loads, otherwise you burn out your nervous system.

What you sometimes find with strength programs, however, is that there isn't enough "base building" volume to set your body up for maximum strength gains over the long term.

The best analogy for this is a pyramid....the bigger the base you build, the higher the top of the pyramid can go.

If you spend all your time chasing the peak without building the base, you may achieve a fairly high peak but it will be more like a tower than a pyramid...it's not as durable and not as permanent. When you come back down from those heavy loads (and you will inevitably have to), you will lose much of that strength.

One of the best ways to build a LASTING base of strength is to do a lot of sub-maximal work with moderately heavy weight.

Does this sound like any training method you know?

The 5 P's...Perfect Practice Produces Perfect Performance

When you do Time-Volume Training, every single rep should be done perfectly.

And since you're doing a LOT of reps, that means you're practicing perfect form constantly and for high volume. This CARVES perfect form into your nervous system's muscle activation patterns.

This means when you do go back to an intensity-focused strength program, you have that perfect technique already drilled into your body...and that means fewer injuries.

One of the biggest problems with intensity-based training is the breakdown of form under heavy loads, both accidental and willful.

Accidental breakdown of form results from not building a large enough base of strength upon which to build.

You're still trying to keep good form, but the structures of your body aren't developed enough

to properly support the loads you're trying to use and form breaks down. This leads to injury if you push past your limits.

Willful breakdown of form is worse....and you've no doubt seen (or possibly even been guilty of) this yourself.

It refers to purposefully loosening up your form in order to move heavier weights than you could normally do with good form. Examples of this include bouncing the bar off your chest when benching, rounding the back when deadlifting or heaving your bodyweight backwards when curling.

Here's the thing...some change in form is absolutely normal when you're lifting heavier loads, especially in an exercise like deadlifts. It's often a side effect of the action of the heavy load on the body.

However, if that change in form is purposeful, with the only goal being to move a heavier weight, that crosses the line and can lead to injury over time.

These are the form breakdowns that we avoid with Time-Volume Training. Every rep is done within your capabilities for the purpose of BUILDING your capabilities.

How to Use Time-Volume Training for Strength

There are a number of TVT variations you can use that focus more on strength than on muscle mass. These variations utilize strategic rep ranges and heavier loads to maximize the strength response.

1. Single Rep Time-Volume Training

This is a very simple translation of regular 3-rep Time-Volume Training for hypertrophy into something targeted for strength. You'll do single reps instead of sets of three reps. It's just that simple!

This change in rep range allows you to use heavier loads and focus on perfect form on every single rep. Heavier training often causes form to break on multi-rep sets. This reset on every single rep allows you to practice optimal form.

[Here's an example of this training with squats.](#)

2. Antagonistic Time-Volume Training

Instead of using a single exercise, you will instead switch back and forth between two exercises for directly opposing muscle groups, for example back and chest.

It has been shown that working antagonist muscles like this (back and forth) can actually

increase strength by 3-5% by priming the nervous system.

And while this number doesn't sound like a lot, multiply that slight increase in strength by a MASSIVE amount of volume and you can see how this will allow you to do a LOT more quality work for BOTH muscle groups.

[Antagonistic TVT builds your base of strength very effectively.](#)

3. Countdown Time-Volume Training

This is, quite honestly, one of my favorite variations of TVT. It is an absolute beast and will challenge you both mentally and physically.

You will be doing just ONE exercise for 40 minutes straight. This allows your nervous system to "grease the groove" (a term coined by strength legend Pavel Tsatsouline) and find and practice the most optimal path of movement for that exercise.

As you keep greasing that groove, your body gets more and more tuned to that exercise and you get stronger FAST.

For Countdown TVT, you start with 3 rep sets on 10 seconds rest. Then, instead of increasing rest, you drop down to 2 rep sets...then singles.

When you know you'd have to grind to get a single, THEN you switch to 20 seconds rest and go back up to 3 rep sets...then 2 reps, then 1 rep...then 30 seconds rest, etc.

The weight stays the same for the entire workout...you just keep counting down the reps, then adding rest when you complete a cycle of counting down.

This puts MASSIVE volume on the exercise being targeted and tunes the nervous system to that exercise incredibly effectively.

[One of the best examples of Countdown TVT is done with squats.](#)

4. Single Rep Antagonistic Time-Volume Training

This concept is exactly what it sounds like it is. Going back to the benefits of antagonistic training from above, you'll be alternating single reps of two antagonistic exercises for two opposing muscle groups.

You'll get the strength-potentiating benefits of antagonistic training with the heavier loads of single rep training.

[A great example of this is deadlifts and bench press.](#)

5. Wave Loading Time-Volume Training

Wave Loading is an excellent technique that utilizes nervous system activation and potentiation, and is used for developing top-end strength. In the context of Time-Volume Training, we're going to be doing a form of wave loading that adjusts reps and rest periods rather than adjusting weight (which is the normal way of doing it).

You'll be doing "rolling" sets of 1, 2 and 3 reps, on 10 seconds rest, meaning you'll start with 1 rep, rest 10 seconds, then 2 reps, rest 10 seconds, then 3 reps, rest 10 seconds, then back to 1 rep, etc.

This type of training will allow you to use heavier weights for a longer period of time, maximizing training volume with those heavier loads, which helps with building up your base strength.

[Here's an example of Wave Loading TVT for deadlifts.](#)

Conclusion:

When it comes to using Time-Volume Training for building strength, it's all about building your base.

Our goal here is not to directly attack top-end, peak strength, but to build your base of strength so much that your peak strength just naturally goes up with it.

If you've been stuck at a strength plateau for any length of time, you don't need to target your peak strength...you need to build your BASE.

Time-Volume Training for Muscle Specialization

If you've got a muscle group that is lagging behind in development (and most people do), specialization training is a necessity. And what better way to put targeted volume on a lagging bodypart than Time-Volume Training!

Essentially, when it comes to specialization, you're putting more training volume on that bodypart than you normally would, in an attempt to stimulate greater growth in that bodypart.

You're taking your "100 units" of recovery energy and, instead of distributing them equally over all muscle groups, you are putting more of those units of recovery into one muscle group (or two, at most). How many depends on the type of specialization you're doing.

There are a number of ways to approach specialization training when it comes to TVT.

1. Three Days / Three Weeks TVT Specialization

With this approach, you're going to do a 5-day schedule, performing Time-Volume Training (any variation...potentially multiple variations) for your target bodypart on three of those days.

On the other two days, you'll be doing straight sets for every other bodypart.

Here's what the overall weekly schedule looks like, using chest as an example:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 & 7
Chest	Everything Else	Chest	Everything Else	Chest	Rest

It's really just that simple!

- Repeat this schedule for three weeks, then return to your regularly scheduled program.
- Your specialization training sessions should be less than an hour in total.
- On your "everything else" days, do 3 sets of 10 rep with very moderate weight (something that doesn't challenge you at all).
- I recommend using a 40-minute straight TVT variation on Day 5 of each week (e.g. Countdown TVT), since you'll have two full days off after it.

2. Daily TVT Specialization

Every single day, perform a small block of Time-Volume Training for a target bodypart or exercise. You can do this with just about any exercise, whether it's free weight, bodyweight or machine exercises.

The only stipulation I would have with bodyweight training is that you use an exercise that isn't "easy"...i.e. don't use push-ups if you can already do 50 push-ups.

For example, if your goal is to increase the number of chin-ups you can do, once every day, perform a 5 minute TVT block of chin-ups.

That's it. Just do that, once a day (any time of day that is convenient for you) every single day.

When doing this style of TVT, I recommend you use a 1/2 Rule for increasing resistance instead of the 1/3 Rule. Because you're doing a smaller block and doing it more frequently, you want to give it a bit more time before you earn the increase.

You can do this type of specialization most easily at home using equipment you have available to you. If you want to do something like this at the gym, go with the next form of TVT Specialization.

3. Priority TVT Specialization

At the start of every single workout that you do, perform a 5 minute block of TVT using your target exercise.

The beauty of using TVT for this is that it can also function as a warm-up for the rest of your training...and, because of the moderate nature of TVT, you won't need to do a big warm-up to do this 5 minute block. Because you're doing this training every day while you're fresh, your body will be at its strongest for it and you should be able to progress rapidly.

As in the previous method, I would recommend you switch to a 1/2 Rule rather than the normal 1/3 Rule for increasing resistance.

4. Once-a-Week TVT Specialization

Choose one day out of every week to do a workout that consists entirely of Time-Volume Training for your target bodypart. The rest of your training you can use whatever program you like...just set aside that one day for TVT for that target bodypart.

You can do this either with multiple forms of TVT or a single, longer block of TVT using one exercise. Unlike the three day, three week TVT above, you would keep doing this every single week ongoing, until you get the results you want.

5. One Day TVT Specialization

The best way to do this form of TVT Specialization is at home...otherwise, you're going to be living in the gym for a whole day.

You're going to take a 12 hour block of your day and do a 5 minute block of Time-Volume Training every hour (or half an hour, if you're ambitious and have the time) for the entire 12 hour period.

This will give you a total of one (or two) hours of Time-Volume Training done in one day.

This may not sound like much, but because you're getting recovery in between each session, this will allow you to perform at a higher level and get more volume than if you were to do an hour straight of TVT for the same exercise.

For example, if you were to use this with chin-ups and you're strong at chin-ups, you might find that you get through most of the 5 minute blocks sticking to 10 seconds rest. If you were to do chins for an hour, this would be MUCH harder to accomplish.

This massive overload over the course of one day is going to set off an emergency growth response in your body...support it with plenty of calories and protein, both that day and for the next few days (which you should take completely off from any training).

You can also do this training for arm specialization, for a quick growth spurt.

Use the same 12 hour block of time...at the top of the hour, do 5 minutes for biceps. At the bottom of the hour, do 5 minutes for triceps.

For any One Day training like this, use an exercise you know is effective for you. You want to be sure you're getting the most bang for the buck.

Conclusion:

Time-Volume Training is one the most effective ways to do muscle specialization. Targeted volume-based overload like this can give your body a tremendous growth stimulus and quick jumps in strength.

Standard Time-Volume Training for Bench Press



The basic format of Time-Volume Training is very simple...you'll sets of 3 reps with 10 seconds rest. When you can't get 3 reps, go to 20 seconds rest.

This demo shows you what the standard TVT looks like using the flat barbell bench press as an example.

First, select a weight you could normally do about 10 reps with.

Perform 3 reps with it.





Take 10 seconds rest. Then do 3 more reps with it. Repeat these 3 rep sets on 10 seconds until you would have to grind to get that third rep out. Then go to 20 seconds rest and repeat.

Continue this pattern for your entire block of time.

That's it!

One and One Quarter Rep Time-Volume Training for Upper Chest



This version of TVT is going to be done in the "normal" way, meaning you'll be doing sets of 3 reps on 10 seconds rest, until you can't get 3 reps.

The difference here is the type of rep you're going to be doing...one and one quarter reps.

Basically, you're going to press from the rails (starting from the bottom), coming all the way up to the top.





Come back down 1/4 of the way.



Then press back up to the top again.



Then come all the way back down to the bottom.



That's one rep. Perform two more reps like this then rest 10 seconds. Repeat, using the standard methodology for TVT.

The reason I recommend pressing off the rails with incline barbell bench press is that you can reset your body position at the bottom of each rep. You can pull your shoulder blades in tightly behind your back (retraction), puff your chest out then press up in perfect position. When doing "top-down" pressing, you lose that body position after the first rep.

The reason for starting just a few inches off the chest is that lower than that in the range is primarily front delts doing the work, and it is a tougher position on the shoulder joint. By starting just above that position, we avoid the bad parts and still get the good parts.

One and One Quarter Rep Time-Volume Training Using Pendlay Rows



This version of TVT is going to be done using the standard template of 3 rep sets and 10 seconds rest.

Instead of doing normal reps, you're going to instead do 1 and 1/4 reps. This is a fantastic way to spend more time in the "money" part of the exercise (in this case, the top few inches).

The exercise here is the Pendlay Row, which is a wide grip barbell row targeting the upper back. At the bottom of each rep, you set the bar fully down on the ground, striving to keep your back horizontal through the entire set, with minimal body movement.



Row up to your chest.



Come back down 1/4 of the way.



Then row back up to the top again.



Then come all the way back down to the floor again.



That's one rep. Perform two more reps like this then rest 10 seconds.

Then continue, using the standard Time-Volume procedure.

Antagonistic Band Handcuff Pull-Ups and Bench Press Time-Volume Training



For this version of Antagonistic Time-Volume Training, we're going to be doing something weird....

It's actually going to end up making two antagonistic exercises work the SAME muscle group but in two completely different ways.

So it's like antagonistic but pre-exhaust exercise combination. It'll make more sense once I explain what's happening with the exercises.

And yes, definitely weird but it works GREAT.

You will need a 42 inch training band for this one. I recommend using just a small size red band for this.

[If you need bands, you can order from my recommended band seller here.](#) Use coupon code RBTFITSTEP to get 10% off any band packages that you order.

You're going to use what I call a "handcuff" setup for the band. Essentially, you're going to fold the band in half then stick your hands through the two end loops. This gives you about 18 inches of loose band. The fun starts when you stretch the band in the exercises.



The first exercise is a Band Handcuff Pull-Up.

Grip over to the left side of the pull-up bar, where you normally would set your left hand. Now reach over to the right, stretching the band.



Grip onto the bar as you normally would. The band is now stretched and putting constant tension on the lats and upper back. Then perform the pull-up from there, just as you normally would.



The continuous band tension will light up your upper back like crazy.

Do your three reps then rest 10 seconds. I'm straddling the bench because my pull-up bar is attached to my power rack. If you have a separate bar, you don't have to have a bench here.

The "antagonist" exercise is the Band Handcuff Barbell Bench Press.

This is where the agonist/antagonist relationship gets blurred.

You're going to do similar to the pull-up where you grip with one hand, then stretch the band over and grip with the other hand. Then you're going to perform the bench press.



What the stretching of the band does is activate the upper back and lats so that when you're benching, your back is also engaged.

The band will also help you press, similar to the Slingshot, if you're familiar with that piece of equipment. If you're not, the Slingshot is similar in concept in that it assists with bringing your elbows together out of the bottom of the bench press. It's a great way to train the lockout and top half of the bench press.

So basically, you're working the upper back muscles as the primary movers of the pull-up, then as assistance/stabilizing muscles for the bench press...while also working the chest, which is the actual antagonist.

Perform the TVT method as you normally would, taking 10 seconds rest until you can't get 3 reps on either of the exercises, then go to 20 seconds rest, etc.

By the time you've done your block of time, your upper back will be on FIRE and it's going to seriously strengthen it for bench press stabilization.

Barbell-Dumbbell Time-Volume Training for Chest



With this TVT combination workout, we'll be alternating between two different exercises that target the same muscle groups and movement pattern, using the exact same (or as close to the same as possible) weight for both.

I'm using a pair of 75 lb dumbbells and 150 lbs on the barbell for this. Use weights you could normally get about 15 reps with...it may seem light, but it WILL catch up to you.

The key difference between the two will be the degree of stabilization required and the path of the weights. This allows you to get the best of both worlds in your chest training and functions as a "sort of" pre-exhaust.

Dumbbells will be more unstable and give you greater freedom of movement than a barbell. When pressing with the dumbbells, focus on squeezing the pecs as you go through the movement.

When you switch to the barbell press, you can focus more on just pressing the weight and not so much on muscle contraction. The dumbbell press will take care of pec muscle activation, if you use it to focus on contraction.

You'll be taking 10 seconds rest in between each exercise to start. About half of that time will be taken getting out of position from one exercise and getting into position for the next, so count on only about 5-6 seconds of actual rest with this one.

For example, you should start your 10 seconds rest the moment you rack the barbell. And when your 10 seconds rest ends, you should be in the bottom position of the dumbbell bench press.



Then take your 10 seconds (ish) rest and go right to dumbbell bench press on the same bench and setup. I didn't lie back all the way to the end of the bench (where I would for the barbell press) so that I wouldn't crack my skull on the bar when I sat back up.



Keep going back and forth between the two exercises until you can't get (or would have to grind to get) three reps on either one of them. Then go to 20 seconds rest.

And honestly, it could go either way on which exercise you hit that wall on first...for me, it was pretty much both at the same time. Just be sure you never push either of the exercises to the point where you're grinding out a rep.

Barbell-Dumbbell Time-Volume Training for Back



For this variation of Time-Volume Training, we'll be going back and forth between two rowing exercises for the back...barbell rows and dumbbell rows. You'll use (ideally) the same weight for both exercises and you'll perform 3 reps sets of each, taking 10 seconds rest in between, as usual.

In the demo, I used 135 lbs on the barbell and a pair of 65's on the dumbbell rows (which is 130 lbs, so just a little different load).

When performing the rows, try to minimize body hitching and movement. When you do the dumbbell rows, because there is more freedom of movement, so there is more of a tendency to do that.

When you do the barbell rows, because it's a more stable exercise and you can grip onto the bar and work against it, that is the exercise to try and get more focused contraction on the back on.





Then switch to dumbbell rows. The actual rest you get will be about 5-6 seconds - you should start the 10 seconds rest the moment you set the weight down, then by the time the rest is done, you should be ready to go with the other exercise.

When doing dumbbell rows, if you're doing an overhand grip on the barbell rows, use an overhand grip on the dumbbells as well. We want to mimic the same muscle activation patterns as much as possible.





Keep going back and forth between the two exercises until you get to the point where you can't get the three good reps. This will most likely happen on the dumbbell rows, since they are the more challenging exercise.

Barbell-Dumbbell Time-Volume Training for Shoulders



This version of TVT will have you going back and forth between barbell shoulder press (military press) and dumbbell shoulder press. These can be done either standing or seated.

Use light weights for this combination...lighter than you think you'll need, the first time you do it. The shoulders will fatigue pretty rapidly with this technique. I'm using 70 lbs on the bar and a pair of 35's.

When performing the exercises, about half of the 10 seconds rest will be taken up by getting into position for the next exercise, especially since you'll have to get the weight into position from the floor to the shoulders on every set.





Set the bar down and rest 10 seconds. Then pick up the dumbbells and do 3 reps of presses with those. When doing these, tilt the dumbbells down and in a little bit, as though pouring water on your own head. This helps put more tension on the delts.





When doing this method for your shoulders, try to take your grip off the weight as much as you can, meaning don't grip hard onto the bar/handles. Try to imagine as though you're pushing with your wrists (or that you don't have any hands and you're pushing with the bones at the end of your forearms). This helps with activation of the delts and shifting more tension to them rather than the triceps.

Barbell-Dumbbell Time-Volume Training for Biceps



The biceps respond extremely well to lighter-weight, STRICT curling movements. When performing this combination of barbell curls and dumbbell curls, you want to be sure you're using a light weight and focusing on a hard contraction on both exercises.

In the demo, I'm using an empty 45 lb Olympic bar and a pair of 20 lb dumbbells. The first time you do it, err on the side of caution and go light. It's going to feel ridiculously easy the first time sets...then it's going to catch up and the pump will start cranking up. You can increase that weight the next time you do it.





Then set the bar down and switch to curls after taking 10 seconds of rest (part of which will be taken getting out of and into position from the exercises).





When doing the dumbbell curls, I recommend keeping your forearms in the same position for the entire rep...don't rotate the forearms on the way up or down. The idea is to mimic the barbell curl movement as closely as you can to work the same muscle fibers but in a slightly different way.

Barbell-Dumbbell Time-Volume Training for Triceps



This version of Time-Volume Training will have you going back and forth between three rep sets of barbell close grip bench press and dumbbell close grip bench press, using the exact same weight (or as close as you can get to it).

The dumbbells will give you more freedom of movement and change the dynamic of the exercise somewhat. When doing these, I recommend a neutral grip. I find a pronated grip with dumbbells puts undue stress on the shoulder joints. When you switch to barbell close grip presses, you'll do a normal, pronated grip.





Rest 10 seconds, about half of which will be taken by getting into and out of position for the exercises.





This combination will sneak up on you, especially because the front delts are heavily involved in both exercises and may fatigue before the triceps, so keep an eye on fatigue levels. If you have to cut a set at 1 rep instead of 2, then do that. And switch to 20 seconds rest.

Closed Chain / Open Chain Time-Volume Training for Back



This version of Time-Volume Training is going to target one muscle group with two different forms of movement (closed chain and open chain) done for the same basic movement pattern.

Without getting too deep into biomechanics, a Closed Kinetic Chain exercise is (to put it simply) an exercise where your hands or feet are anchored/unmoving and your body moves through space. For this combo, our exercise will be the chin-up (or inverted row, if you're not strong enough to do at least 10 chins).

An Open Kinetic Chain exercise is an exercise where your body is anchored/unmoving and your limbs move through space with the resistance. For us, this will be a close-grip pulldown (or if you're doing inverted rows, use a seated cable row, barbell row or dumbbell row for this).

The exercises both work the same vertical pull (or horizontal pull) movement pattern, using the exact same muscles, however because you're varying the anchor points, muscle activation is different. This activates more fibers in the target muscles, leading to greater overall workload on the target muscles...and greater muscle growth.

Set your timer for your desired time block, e.g. 5, 10, 15 minutes, etc. then start. It doesn't matter which exercise you start with.

Perform 3 reps.



Rest 10 seconds, then perform 3 reps of the pulldown.



Since I don't have a pulldown machine, I'm using a high pulley and a bar attachment in the split squat position. The weight should be submaximal on this exercise...something you could regularly get 12-15 reps with perfect form with.

The goal here is not to hammer out reps but to get maximum tension and muscle activation, so stick with moderate weight.

We're not going to worry about trying to match loads between chins and pulldowns...doing these with different weight is fine...just make sure you're using enough weight that you get good activation in the lats, but not so much that you have to break form at all.

Keep going back and forth on 10 seconds rest until you can't get 3 reps on either exercise (likely the chins). Then go to 20 seconds rest, then 30, etc. just as you would with regular TVT.

If you have a pulldown machine, but it's a bit of a distance away from your chin-up bar, you can try this method...which is actually quite challenging.

Do pulldowns with the moderate weight, as you normally would. When you go to do chin-ups, set the pulldown machine to a weight that's greater than your bodyweight, then do chins on the pulldown bar. This will be tough because the bar is unstable, so you will need some strength to do this variation, however it does allow you to just occupy one station, if your gym is busy.

Closed Chain / Open Chain Time-Volume Training for Chest



This version of TVT focuses on one muscle group with two different forms of movement (closed kinetic chain and open kinetic chain) done for the same movement pattern.

To put in straightforward terms, a Closed Kinetic Chain exercise is an exercise where your hands or feet are anchored/unmoving and your body moves through space. For this combo, our exercise will be the elevated-foot push-up (and you can use any variation of the push-up you like for this).

An Open Kinetic Chain exercise is an exercise where your body is anchored/unmoving and your limbs move through space with the resistance. For us, this will be a bench press (barbell, dumbbell or machine).

The exercises both work the same horizontal push movement pattern, using the exact same muscles, however because you're varying the anchor points, muscle activation is different. This activates more fibers in the target muscles, leading to greater overall workload on the target muscles...and greater muscle growth.

Set your timer for your desired time block, e.g. 5, 10, 15 minutes, etc. then start. You can start with either bench press or push-ups. The order doesn't matter as you'll be alternating frequently between the two.

Perform 3 reps.



Rest 10 seconds, then perform 3 reps of the elevated foot push-up.



The push-up should be less resistance than the bench press...on the bench, use a weight you could get 12-15 reps with. It may seem light but the volume and the muscle activation will catch up with you.

Keep going back and forth on 10 seconds rest until you can't get 3 reps on either exercise (likely the chins). Then go to 20 seconds rest, then to 30 seconds rest.

Closed Chain / Open Chain Time-Volume Training for Triceps



This TVT method focuses on one muscle group with two different forms of movement (closed kinetic chain and open kinetic chain) done for the same general movement pattern.

A Closed Kinetic Chain exercise is an exercise where your hands or feet are anchored/unmoving and your body moves through space. For this combo, our exercise will be the bodyweight tricep extension.

An Open Kinetic Chain exercise is an exercise where your body is anchored/unmoving and your limbs move through space with the resistance. For us, this will be a lying tricep extension (barbell or dumbbell is fine).

The exercises both work the same "overhead extension" pattern targeting the triceps, especially the long head of the triceps, which is the largest of the three. This is a highly effective way to activate more muscle fibers in the target muscle.

Set your timer for your desired time block, e.g. 5, 10, 15 minutes, etc. then start.



For this exercise, you'll need a bar or something else solid a few feet off the ground that you can set your hands on. Set your feet about 4 feet or so back. Then perform an extension movement by moving your body under the bar, bending only at the elbows. Make sure to keep your elbows tucked in, don't let them flare out wide.



Keep going back and forth between these two exercises with 10 seconds rest until you can't get 3 reps on either exercise. Then go to 20 seconds rest, then to 30 seconds rest.

Delt Isolation Time-Volume Training



This version of TVT is very simple. You'll be rotating through 3-rep sets of each of the major forms of deltoid raises...lateral, front and rear, taking 10 seconds rest in between each set.

This will allow you to put focused training on each of the three deltoid heads in a very controlled manner. If you're interested in really improving your shoulder development, you could do one 5 minute round of this at the end of every workout. It's not so heavy that it will overly fatigue your shoulders, but will allow you to put targeted volume on those delt heads to improve your overall shape.

Use two sets of dumbbells for this...one set for lateral and front raises and the other for rear delt raises (you need to go lighter on that exercise in order to use proper form). I'm using a pair of 20's for laterals and front raises and 15's for rear raises in the demo.

Start with 3 reps of lateral raises.





Do these with strict form, under complete control the entire time. Make sure you're feeling the side delts working.

Now take 10 seconds rest. A quick tip here...because the weights are so light, you don't need to set them down in between these two exercises (that actually is a waste of time and effort). Hold them at your sides for the duration of the 10 seconds rest.



Then go to three reps of front raises.



Bring the dumbbells up to about eye level.



When this is done, set those weights down then pick up the lighter ones, bend over at the waist then do three reps of bent-over raises for the rear delts.



As you come to the top, imagine pushing your chest down towards the ground. This will help you improve the contraction in your rear delts.



Rest 10 seconds, then repeat the cycle with laterals again.

Keep going in this fashion until your time block is up. If you have to go to 20 seconds rest, do that between each of the exercises (you can set the dumbbells down on the floor between laterals and front raises here).

Front-To-Back Squats Time-Volume Training



The concept behind this version of TVT is simple...you'll be alternating sets of front squats and back squats.

That's it!

Because you'll be using the same weight for both exercises, I recommend you make a small adjustment to your tempo on the exercises.

When performing front squats, which is the weaker exercise, don't pause at the bottom. Just come down, then come right back up.





Rest 10 seconds.

Then when doing back squats, pause for a second or two at the bottom of every rep.





This pause will remove elastic tension from the exercise, which will help with loading more tension on the legs.

Continue going back and forth between the two exercises, taking 10 seconds rest.

You will notice that a portion of your 10 seconds is spent getting into position for the next exercise. This time counts as rest. Don't let 10 seconds go by, then get into position when it takes 2-3 seconds to get set up.

The first time you perform this one, you'll likely notice that it's not your legs that are getting most challenged by this...it's the supporting muscles of your upper body during the front squat.

That's to be expected...and it means that as you build up the volume on the front squats, those muscles will get stronger and more tolerant of the volume and your legs will get challenged more and more.

So essentially, don't treat this method as a "one off" workout. This should be a method that you plan to repeat weekly for at least 4 to 6 weeks to really maximize the benefits from it.

Hybrid Time-Volume Training for Chest



If chest development doesn't come easy for you and you WANT a great set of pecs, have I got a training technique for you. You're either going to love me...and think I'm a genius...or hate me...and still think I'm a genius...

We're going to combine two of my most potent training techniques...Time-Volume Training and [Hybrid Training](#)...to take your chest to a level of tension and pump that it likely has NEVER experienced before.

You're going to use a HYBRID Training exercise for Time-Volume Training for chest.

And that exercise is Band-Dumbbell Bench Press (or Cable-Dumbbell Bench Press).

[If you need bands, you can order from my recommended band seller here.](#) Use coupon code RBTFITSTEP to get 10% off any band packages that you order.

Now, to give you a little background on what a Hybrid exercise is, you're basically combining two forms of resistance in one movement to overcome strength curve or biomechanical limitations of the exercise. The dumbbell bench press is a classic example of how this can be INCREDIBLY effective for putting tension on the muscles.

You're going to be combining a dumbbell bench press with a band or cable flye...and doing them TOGETHER in one movement.

The dumbbells give you more resistance in the bottom half of the movement while the bands kick in on the top half of the movement, as you're bringing the dumbbells together. This gives you NO BREAK in tension through the entire exercise. It is brutal and incredibly effective in combination with TVT.

To set this up, you'll need a set of dumbbells and a pair of bands (or a cable cross-over machine...for this, I recommend ankle harnesses that you can put around your wrists so you can attach yourself to the cables without having to hold the handles).

A word of advice...with this Hybrid exercise, use a lighter weight than you think you'll need. I'm

using 50 lb dumbbells and small bands. The tension comes on FAST and if you're using too much weight, you'll burn out too soon.

Hitch the bands off to the sides onto two solid objects. The posts of the cable cross-over machine work great for this, but you can use pretty much anything that it is solid to accomplish the setup as long as you get enough stretch on the bands as you come to the top of the press.

Set your flat bench directly in the middle and set your dumbbells on the end of the bench.

Reach down and grip the end of one of the bands.



Then go over and grab the end of the other band.



Now grab the dumbbells.



Sit on the bench then lie back and perform the press, just as you normally would.



You'll notice that as you come up to the top, the bands kick in and add a whole new element of tension to the exercise.



Now that you see the movement, you can see the POWER behind this concept and appreciate it.

When you're at the bottom of the press, the dumbbells give you their maximum tension on the pecs...the band flies, not so much.

As you press up to the top and bring the dumbbells together, you lose tension from the dumbbells but the cables give you DIRECT inwards resistance for the pecs as you bring the arms across your body.

This means ZERO break in tension as you perform the exercise...

And that, my friend, is absolutely DEADLY when you do it with a Time-Volume Training protocol.

And here's what's going to make it even WORSE (or better, as I like to think of it ;)...

In between sets, instead of setting the weights down on the ground, just set them on the end of the bench, sit on the bench and let your arms hang out to the sides while still holding the ends of the bands. This will relax the tension in the bands but still leave you in a good position to start the next set without delay.

When you start getting into the 20 and 30 seconds rest, you can start setting the bands down on the floor, if you like, but I recommend still leaving the dumbbells on the end of the bench.

At the end of the 15 minute block, your chest is going to be SCREAMING. You'll have placed your pecs under tension for far longer than you're able to with conventional training and believe me...this is going to wake up muscle fibers you didn't even know you had.

Rapid chest development...done.

In-Set Superset Time-Volume Training for Back



This one is going to hit your back in a way it's never been hit before. We'll be alternating reps of two different exercises that target your back for this style of TVT...deadlifts and barbell rows.

The barbell rows (Pendlay Rows, specifically) will target the upper back and lats directly while the deadlifts work the back and lats more in supporting roles.

You can do this one with a barbell or with a pair of dumbbells. You don't need heavy weight for this one...we want to be strict with form and really focus on working the target muscles hard.

In the demo, I'm using 155 lbs on the bar, which is definitely WAY light for deadlifts, but good for the rows, especially with the amount of volume they'll be getting. Even though you're using very light weight for deadlifts, the constant tension it still puts your back under is very effective.

Grip the bar with a double-overhand grip for both exercises. My fourth fingers are on the smooth ring guides on the bar, with my feet set a little wider than what I would normally do for deadlifts.

Perform one rep of the Pendlay Row (which is a wide-grip row that starts with the bar on the ground).



Touch the bar to the ground then go immediately into a deadlift.



Make sure to focus on keeping your lats contracted when doing the deadlift, even though the weight is light. Then touch down and perform another row.

Now rest 10 seconds and repeat in the opposite order...deadlift, row, deadlift.

Keep going in this fashion, alternating which exercise you do 2 reps on with each set.

When you get to the point where you can't get 3 good reps, then bump the rest to 20 seconds.

Continue for the full block of time you set for yourself, e.g. 10 minutes, 15 minutes, etc.

In-Set Superset Time-Volume Training for Biceps



This combination of exercises is going to hit your biceps EXTREMELY hard. We're going to utilize a slightly modified In-Set Superset for biceps.

Instead of using two exercises that share a start and end position, we're going to use two exercises that can be done with a rapid but not continuous switch between them.

The exercises will be barbell curls and vertical-body chin-ups.

Now, if you're not strong enough to do chin-ups like this, you can also sub in standing vertical pull-downs.

In order to set this one up, I recommend using a bench to set the curl bar on. This allows for a quick transition between exercises. If you have to set it on the floor, it's not the end of the world, but it will involve picking up and setting the bar down on each rep.

Set the bench so that the end is just a little in front of your chin-up bar. You want to be able to do your barbell curls in a spot where once you set the bar down, you can just reach up and grab the chin-up bar.

I'm using an empty Olympic bar for the curls...this exercise should be done with light weight and strict form.



When you finish one rep, set it down on the end of the bench then reach up, grab the chin-up bar with a close, underhand grip, then pull yourself up, keeping your body as vertical as possible.



This vertical body position puts much greater focus and loading on the biceps. Then grab the bar and do another rep of curls.

This combination of exercises works extremely well because they completely change up how the biceps are worked...in the curls, you've got an open-chain exercise where the weight moves through space. With the chins, you've got a closed-chain exercise where the body moves through space.

These two exercises will give you maximum muscle fiber activation in the biceps both with strict form and with substantial loading.

It's a killer combination.

Take 10 seconds rest, then on the next set, start with the chins, then do a curl, then another chin-up.

Repeat until you can no longer get 3 reps. Then increase the rest period to 20 seconds, as normal.

Your biceps will be lit up by the time you're done with this training block.

In-Set Superset Time-Volume Training for Chest



For this variation of TVT, all you need is a pair of dumbbells....and it will target your pecs more effectively than just about any bench press workout you've ever done.

You're going to use a concept that I call "In-Set Supersets". You'll be performing two exercises for the chest that both share the same starting and ending position, alternating reps of each.

For chest, you'll be alternating reps of dumbbell bench press and dumbbells flyes, using the same weight. This is somewhat similar to pre-exhaust training only instead of alternating exercises on each set, you'll be alternating exercises on each rep.

In terms of weight, select a weight you could normally get 10-12 reps with on flyes, since that's the weaker of the two exercises. I'm using a pair of 45's in the demo, and they were actually a bit light. I'll bump it up to 55's next time.

The beauty of the TVT system is that your weight selection is self-correcting based on your actual performance. If you make it through 1/3 of the time block keeping to 10 seconds rest, then you increase the weight next time. If you don't get to 1/3 of the time, then you stay at the same weight until you do.

Pick up the weights and perform one dumbbell press, then one dumbbell flye, then one dumbbell press.





Sit up and set the dumbbells on end on your thighs while you rest. Ten seconds rest goes fast and you don't have time to set them fully down on the floor. On the next set, perform a flye, then a press, then a flye. This change in order focuses more on the isolation exercise this time.

Repeat the cycle, alternating which exercise you do 2 reps on each set.

Key point...make sure you use STRICT form on every rep. Since you're doing so much volume, we want perfect practice. Every rep is an opportunity to work the muscle more effectively. Get a good stretch at the bottom of every flye and squeeze the pecs hard on every contraction. The goal here is not to just bang out reps but to FEEL and MAXIMIZE each rep.

You can perform this style of training for any length of training block you like, e.g. 10 minutes, 15 minutes, etc.

In-Set Superset Time-Volume Training for Triceps



For this style of TVT, you're going to be alternating reps of two tricep exercises...lying tricep extensions and close grip bench press...one isolation exercise and one compound exercise.

Each of these exercises shares a common start and end point, allowing you to transition smoothly from one exercise to the other on every rep.

I'm using an EZ curl bar for this combination, though you can also use a straight bar or a pair of dumbbells as well.

You'll also notice that I'm doing these lying on the floor. This is not 100% necessary, but I do find it much easier and faster to get in and out of position for the exercise than doing these on a bench. If you do these on the floor like this, use plates no bigger than 25's, otherwise it'll shorten your range of motion.

Grip the bar and perform a tricep extension, bringing the bar to the top position. Now perform a full rep of extensions. That's one.



Now perform a full rep of close grip bench press. That's rep two.



Now do one more lying tricep extension.



That's three. Then lower the bar to the floor (which is basically a negative of the extension...don't worry about doing a slow negative here...just set the bar down). Rest 10 seconds.

Now grip the bar and bring it just over face and into the bottom position of the close grip bench press. Press up from the bottom - that's one rep. Perform an extension. That's rep two. Perform a full "down/up" rep of close grip press. That's rep three.

Then lower the bar back down behind you in an extension pattern (again, not worrying about slow negative here...just set the bar back down). Keep going like this, alternating which exercise you start with on each set. When you can no longer get 3 reps, bump the rest up to 20 seconds and continue.

Mechanical Drop Time- Volume Training for Bench Press



There are three primary variations of the barbell bench press, each target different aspects of the chest...incline, flat and decline. With this version of TVT, we're going to take advantage of the change in mechanical advantage of each version of the bench press.

You're going to keep the weight the same, and instead of adjusting rest periods, you're going to change which variation of the exercise you do.

Incline bench press is the hardest, so we're going to start with that, then move to flat, then to decline bench press, which has the best mechanical advantage and shortest range of motion.

You'll perform the standard 3 rep sets on 10 seconds rest when doing all of these variations. When you get to the point where you can't get 3 good reps on the incline then switch to flat. When you can't get 3 reps on flat, switch to decline. When you can't get 3 reps on decline, THEN you'll bump the rest up to 20 seconds and continue until the end of your time block.

For this workout, I chose to do a block of 30 minutes using 135 lbs on the bar. This allowed for a good amount of volume with each variation.

Since the incline bench is the weakest exercise, you'll want to choose your load based on what you can do on THAT exercise for 12-15 reps or so. The first time you do this one, there will be some guesswork involved in the weight selection.

For inclines, I prefer to do these off the rails of the power rack, but you can certainly use the more conventional top-down approach, if you like that better.



Perform sets of 3 reps until you'd have to really grind to get to 3. Then reset your station and switch to flat bench.



Continue with 3 rep sets of flat bench on 10 seconds rest until you can't get to 3 good reps. Then reset to decline bench press.



Repeat for the remainder of the time block. Again, if you can't get to 3 good reps at any point, increase rest to 20 seconds, etc.

When you're done, you will have hit pretty much every angle of the fan of the pec muscles with substantial volume.

Mechanical Drop Time- Volume Training for Upper Arm Flexors



For this version of TVT, you're going to be using three different variations of the curl, each affecting the upper arm flexors a bit differently.

And you'll notice, I'm not saying just biceps here...since the first exercise you'll be using is actually a Reverse Curl, which doesn't focus on the biceps, but the brachialis.

The base concept is simple. Instead of changing rest periods, you're going to change leverages, moving from the hardest/weakest version of an exercise to a stronger version of an exercise.

We'll start with 3 rep sets of Reverse Curls. This exercise is your weight-limiting exercise, so choose a weight you can normally get 10 reps with on THAT one.





Perform three rep sets on 10 seconds rest as you normally would, until you can no longer get three good reps.

Then switch to narrow-grip barbell curls for biceps, using the same weight.

This variation is a bit stronger than the reverse curls, and will switch the focus to the biceps. Your hands should be just a couple of inches apart on the bar.





Squeeze hard as you come to the top. This narrow position forces more supination into the biceps at the top, which enhances the contraction.

When you can no longer get three good reps with this variation, shift your hands out a bit to a medium to wide grip curl position. This hand position gives you the best leverage for the biceps.





Keep going with this variation until your time runs out.

If you get to the point where you can no longer do 10 seconds rest, go to 20 seconds, etc.

This combination is a great way to get complete training on the upper arm flexors and increase your overall arm size by targeting the often-neglected brachialis as a priority by starting with the reverse curl.

Mechanical Drop Time- Volume Training for Upper Chest



In this version of TVT, we're going to focus primarily on the upper chest, using an adjustable incline bench to perform incline barbell bench press.

Instead of adjusting the rest periods, you will instead adjust the angle of the bench...as you fatigue, you will lower the angle of the bench to improve the leverage of the exercise.

We'll lower the level of the bench several times, until you get to a very slight incline (almost flat).

I recommend doing this in the power rack, pressing off the rails. If you don't have a rack, but you do have an adjustable incline bench, you can use dumbbells for this instead. You'll get the same effect.

Start with an incline of about 45 degrees.





Perform 3 rep sets with 10 seconds rest in between sets. Keep going, as you normally would with the TVT protocol.

When you get to the point where you can no longer get 3 reps, decrease the angle of the bench a few notches.



If you're pressing the rack, you'll need to lower the safety rails as well.



Now continue with 3 rep sets on 10 seconds rest.





Again, keep going until you can no longer hit 3 reps without grinding.

When you get to that point, drop the angle of the bench to a slight incline, just one notch above flat.



And lower the rails.



Continue again with 3 rep sets on 10 seconds rest.





If you get to the point where you can no longer hit 3 reps, NOW you're going to bump the rest up to 20 seconds...then 30 seconds, if needed, etc.

So essentially, you'll be decreasing the angle of the bench until you're almost flat, THEN you'll be increasing rest periods as needed.

This changing angle is generally known as "mechanical drop sets"...in our case, we're extending the concept with a lot more training volume to better hit more fibers in the upper chest.

Pre-Exhaust Time-Volume Training for Back



This version of TV training is done by alternating two exercises for your lats...a stiff-arm pushdown (isolation) and a chin-up (compound). The stiff-arm pushdown will put tension on the lats (with some long head tricep involvement) without bicep work while the chin-up is lats and biceps.

You could also use a pulldown or row instead of a chin-up and you could use a dumbbell pullover instead of the stiff-arm pushdown here.

By alternating the two exercises with the lats as the common muscle, you're going to work the lats that much harder while using the other muscles to help push the lats. This is a great way to really overload a target muscle group.

So what you'll do is start with a 3 rep set of Stiff-Arm Pushdowns





Rest 10 seconds then immediately go to reverse grip chins.





Rest 10 seconds then go back to stiff-arm pushdowns. Then rest 10 seconds. Then go back to chin-ups and rest 10 seconds.

Keep going like this until you can no longer get 3 reps on one of the exercises (most likely chin-ups) then switch to 20 seconds rest.

Keep this pattern going for 15 minutes and your back will TOAST.

It's a great way to put a lot of volume onto the lats while not having to worry about the upper arm flexors (biceps or brachialis) being a weak link while working them.

Pre-Exhaust Time-Volume Training for Back



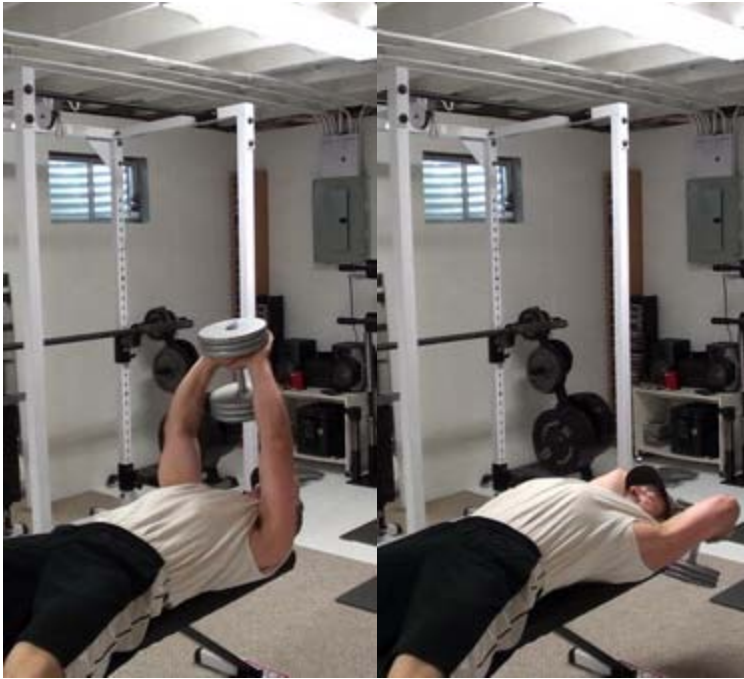
This version of TV training is done by alternating two exercises for your lats...a dumbbell pullover (isolation) and a chin-up (compound). The pullover will put tension on the lats without bicep work while the chin-up will work your lats and biceps.

This will pre and post exhaust the lats, putting substantially more workload on them, while using different secondary muscle groups to push the lats harder.

Start with 3 reps of chin-ups.



Rest 10 seconds then go immediately to dumbbell pullovers. Make sure to get and hold the stretch at the bottom of this exercise for maximum effect on the lats.



Rest 10 seconds then go back to chin-ups for 3 reps and repeat.

Keep going like this until you can no longer get 3 reps on one of the exercises (most likely chin-ups) then switch to 20 seconds rest.

Pre-Exhaust Time-Volume Training for Chest



Pre-Exhaust Time-Volume Training is basically the the same idea as the primary method, only instead of using just one exercise, you're going to use TWO exercises for the bodypart.

For chest, it's going to be dumbbell flies (isolation) and flat barbell bench press (compound).

Pre-exhaust training is where you do an isolation exercise for a bodypart then immediately move to a compound exercise for it. The idea is to pre-exhaust ONLY that target bodypart with the isolation exercise so when you move to the compound exercise, it's that target part that is the limiting factor rather than the secondary movers (like shoulders and triceps, in the case of the bench press).

It's very effective and this style of TVT takes this concept to the next level.

For chest, you're going to be alternating 3 rep sets of barbell bench press and 3 rep sets of dumbbell flies.

The first time you do this, go lighter than you think you'll need to (trust me). The pre-exhaust style will ATTACK your pecs. You can always increase next time. I'm using 135 lbs on the bench press and 30's for flies.

Start with a 3 rep set of bench press. Use tight form on EVERY rep you do with TVT. We want to keep form consistent.



On a side note, when doing flies, I like to use an angled position on the dumbbells, as you can see. I find this to be much easier on the shoulders than either a palms-facing in or a thumbs-in grip.



Do your 3 reps then get onto the bench (you can also use dumbbell bench press instead of barbell bench press here, if you don't have access to a barbell bench press setup).

Now, I'll tell you up front, the first few minutes of this 15 minute block is going to feel easy. It'll feel like you're hardly doing anything.

That feeling won't last.

After going back and forth a few times, you'll start to feel this in the target muscle extremely well. Then, as you build up the volume, you'll REALLY start to feel it.

This is a great method for really focusing on the chest without needing to use heavy weights. You'll put massive tension and volume on the pecs over the course of 15 minutes, with minimal

rest.

Give this pre-exhaust training style a try next time you do chest (and do it INSTEAD of your normal chest training - you won't need anything else for chest after this).

Just 15 minutes and your chest will be pumped like crazy.

And this is just one example of exercise combinations you can use with Pre-Exhaust TVT. Any exercise combo for a bodypart that pairs an isolation exercise and a compound exercise will work great for this (e.g. lateral raises and shoulder presses).

Primary-Secondary Time-Volume Training for Hamstrings



In this version of TVT, you're going to be using two exercise that involve one target muscle differently...in this case, the hamstrings.

The first exercise (the Romanian Deadlift) is going to use the hamstrings as a primary mover, meaning it contributes the most to the exercise.

The second exercise (Dumbbell Reverse Lunges) is going to use the hamstrings as a secondary mover, meaning the hamstrings contribute to the exercise but not as much as the primary movers (the glutes and quads).

This is somewhat similar to pre-exhaust training, however we're not using isolation exercises to target the muscle group....we're using two compound exercises that just use the hamstrings in a different way.

And it works VERY well.

Here's what the combination looks like. I'm using 185 lbs on the RDLs and 45 lb dumbbells for the Reverse Lunges.



Perform 3 reps then rest 10 seconds before going to Reverse Lunges.

Do 3 reps on each leg.





The next time you come around to this exercise, switch which leg you start with. This helps to keep the loading even between legs.

Repeat this combination using the standard TVT protocol.

You will find as you get further into the workout that your hamstrings will start feeling like jelly on the "primary" exercise...but because they're only secondary movers on the other exercise, you'll still be able to move pretty well on that.

Primary-Secondary Time-Volume Training for Traps



If you have a weak or undeveloped muscle(s) that you want to improve but don't want to sacrifice development in your OTHER muscles to bring it up, I've got just what you need...

This Primary/Secondary exercise version of Time-Volume Training protocol is an excellent way to specialize on a particular muscle...without really specializing on it.

Sounds weird, I know, but essentially you'll be putting some very targeted training volume onto one target muscle group without having to reduce training volume for everything else...so you'll specialize without compromising workload on any other bodypart.

THIS form of Time-Volume Training is actually going to use TWO exercises...and these exercises share one muscle group (in this case, the focus will be on the trapezius muscles).

The first exercise is the Standing or Seated Military Press or Dumbbell Shoulder Press. This works the deltoids as the primary movers with the traps being activated as stabilizers/secondary muscles.

Start by doing 3 reps of the press.



Rest 10 seconds then go to Barbell or Dumbbell Shrugs. This exercise works the traps as PRIMARY movers.

Perform 3 reps of this (and be sure to use a powerful, explosive movement...the traps respond best to this type of movement as they primarily consist of fast-twitch fibers).



Rest 10 seconds then go back to shoulder press for 3 reps...then back to to shrugs for 3 reps...and repeat.

Keep going in this alternating pattern until the time is up. I used a 10 minute block of time when I did this training for the demo, but you can use whatever you want...shorter or longer.

Most likely the exercise you'll hit the wall on the 3 reps will be the shoulder press. When you

get to this point, I would suggest taking 20 seconds rest between the shrugs and the shoulder press but keeping to the 10 seconds rest between the shoulder press and the shrugs.

You can also use this type of pattern with other bodyparts. Here are some combinations for other bodyparts.

- Back/Lats - Chin-Ups and Deadlifts
- Chest - Bench Press and Pullovers
- Quads - Barbell Front Squats and Dumbbell Lunges (use a long stride to shift the focus to the glutes and hams, making the quads a "secondary-ish" mover of the exercise)
- Hamstrings - Stiff-Legged Deadlifts and Dumbbell Lunges (use a closer stance to shift the focus to the quads, making the hamstrings more "secondary-ish movers)
- Glutes - Barbell Hip Thrust and Squats/Leg Press
- Deltoids - Shoulder Press and Bench Press (front delt focus), Shoulder Press and Wide-Grip Pull-Ups (rear delt focus), and side delts would be best worked as a Compound/Isolation pattern doing Shoulder Press and Lateral Raises
- Biceps - Barbell Curls and Chin-Ups/Pulldowns
- Triceps - Pushdowns and Bench Press (not close grip, as that makes the triceps primary movers)
- Calves - Standing Calf Raises and DEEP Squats (coming out of the bottom of a deep squat puts very effective workload on the calves due to the stretch). You can also alternate Standing and Seated Calf Raises if deep squats aren't going to work for you).

Put this style of training to work on your weak bodyparts and you'll see big jumps in development and size without setting yourself back on any other area of your body.

Stretch-Focused Time-Volume Training



This version of TVT stretches the concept a bit...and in more ways than one. You're going to be doing 4 exercises in a circuit, all focused on the STRETCH, with NO rest in between exercises.

You'll do a circuit of dumbbell flyes, dumbbell pullovers, dumbbell incline curls and incline dumbbell tricep extensions, targeting chest, back, biceps and triceps respectively.

Now the thing about these exercises is that they're also all interconnected...meaning that dumbbell flyes stretch the chest but also stretch the biceps. Pullovers stretch the lats but also the chest and the triceps. Incline curls stretch the biceps but also the chest. And finally the incline tricep extensions stretch the triceps and also the lats.

You'll do a 15 minute block of time (or more, if you like) and do 3 reps of each exercise, going through them in the order I set out, holding the stretch position of the exercise for at least 5 seconds on each rep.

Use a moderate weight on each...something that you can handle fairly easily but that is enough to still give you a good stretch. I'm using pair of 40's for the flyes and pullovers and 25's for the curls and extensions.

So first, perform 3 reps of the dumbbell flye, holding the stretch for 5 seconds on each rep.



Then switch immediately to dumbbell pullovers, using the same dumbbells so that there's no rest at all in between these two exercises.



Next, you'll go to dumbbell incline curls. In my case, I only have one bench, so I had to quickly switch it from flat to incline.

You'll notice on these that I'm not sitting in the seat...I've got my feet on the seat and I'm up high on the bench, with my upper back curled over the top edge. This allows you to arch back and get the shoulders back, which puts greater stretch on the biceps at the bottom.



Now slide down the bench a little so that your head is supported and go straight into incline dumbbell tricep extensions.



Now reset the bench to flat and go straight back to dumbbell flies and repeat the sequence.

Keep going for the duration of the 15 minute block (or however much time you've set). You can also just do a specific number of rounds through, if you like. I found I was able to do 4 complete rounds in 15 minutes, just FYI.

This a great way to hit all your major upper body muscles in a short amount of time, and get some good stretching in at the same time.

Two Exercise Time-Volume Training for Biceps



For this version of Time-Volume Training, instead of using just one exercise, we're going to use TWO exercises that target different aspects of the range of motion of your biceps.

The first exercise is the Incline Dumbbell Curls, which focuses on the STRETCH portion of the range of motion. The second exercise is the Standing Barbell Curl. With this one, we want to focus on the peak contraction of the biceps at the top of the curl.

One important point right off the bat...even if you've got really strong biceps, use lighter weights than you think you'll need for these exercises. It will catch up to you and if you go too heavy, there will be a much greater tendency to cheat.

I'm using 25 lb dumbbells on the inclines and 65 lbs on the barbell curls. We want to use STRICT form on these two movements.

You'll start by doing 3 reps of Incline Dumbbell Curls.



Notice how I'm positioned on the bench...I'm not sitting on the seat. I've actually got my FEET on the seat so that my upper back is hanging over the top edge of the bench. This opens up the rib cage and allows you to get your shoulders back further, which puts GREATER stretch on the biceps at the bottom.

The difference in stretch with this technique is HUGE...and I would absolutely recommend you use it whenever you do Incline DB Curls from now on.

After you've done 3 reps (with that strong stretch focus), set down the dumbbells and go over to your barbell. You get 10 seconds rest and most of that time is going to be taken transitioning between exercises...the rest time starts the moment you set down the dumbbells and ends the moment you pick up the barbell, so don't dawdle.

Now do the Standing Barbell Curl. Use a CONTROLLED movement...not swinging the bar up...and hold the contraction at the top for a few seconds to get a strong squeeze.



Once you've done 3 reps, set the bar down, rest 10 seconds, and go right back to the Incline Curls. Part of that rest will be getting into position to the Incline Curls. If you get to the point where you can't get 3 reps with either of the exercises, take 20 seconds rest instead of 10 seconds.

DO NOT push to failure on any sets. If you're on the second rep of a set and you'd have to really push to your limit to get the rep, stop the set and don't do it.

The idea here is to get training volume and workload on the biceps, not punish them with intensity.

Two Exercise Time-Volume Training for Calves



This is a variation of Time-Volume Training targeted for calves. It utilizes two different exercises for calves that target the two extremes of full stretch and full contraction, going back and forth between sets of 3 reps for each.

The concept here is simple...you'll be doing a 3 rep set of Donkey Calf Raises (in this demo, I'm using a single dumbbell) with a focus on the stretch, then you'll rest 10 seconds then go to a 3 rep set of Standing Calf Raises (again, using a single dumbbell in the demo), focusing on the peak contraction.

The Donkey Calf Raise, because of the flexion at the hips, puts increased stretch on the calf muscles. The standing calf raise does have a good stretch component as well, but we'll be focusing primarily on the top contracted position as that's the maximum contraction you get on the calves.

If you have access to machines for these exercises, you can absolutely use those. Another option is to use a dip belt to increase the load. Donkey raises can be done with the belt hanging from the hips, as can the standing calf raises. This will remove the need to hold onto a dumbbell.

Now, because the calves recover quickly, you'll most likely be able to stick with 10 seconds rest the entire 15 minute block of time (or whatever time block you decide to use). If you do get to the point where your form is breaking down, then go to 20 seconds rest between sets.

You'll want to set up near something solid that you can grab on fairly low and fairly high, depending on the exercise you're doing. I'm holding onto a bar set on the rails of the rack, and then the upright post of the rack. You can also use a chair...setting your hand on the seat and on the back of the chair, respectively.



Do your 3 reps then rest 10 seconds. Then go to the standing calf raise switching the dumbbell over to your other hand.



Now just repeat, going back and forth between the stretch-focused donkey calf raises and the contraction-focused standing calf raises.

Even though you're doing the exercises with one dumbbell, you can still work both legs at the same time. If you prefer, you can also alternate legs, doing single-leg versions of each exercise. If you do this, e.g. 3 reps left leg, 3 reps right leg, don't take any rest in between sets. The calf you just worked will get enough rest while you're working the other one so you can just go back and forth without delay.

I would recommend you switch hands with the dumbbell so that grip doesn't become a factor, and so that you can hold the dumbbell on the same side as your working leg, e.g. left hand and left calf. For calves, this one is all about strict form and lots of volume.

Antagonistic Time-Volume Training



This version of TVT is done with two antagonistic exercises. For the demo, I'm using flat barbell bench press and chin-ups, working the chest and back.

Going back and forth between two antagonistic exercises has several big advantages:

First, the muscle groups get a bit more rest between sets because you're not hitting them directly again after 10 seconds rest. This allows you to stay at the same rest periods for longer, which means you do more overall sets in the 15 minute block of time. More sets means more volume which means more results.

Second, antagonistic training is VERY efficient for the nervous system. Activating the antagonist muscles can actually INCREASE strength in the original bodypart, i.e. you can actually be a bit stronger in bench for the chest when you work a back exercise right before.

So this type of training allows you to stay stronger on both exercises and get a lot of good training volume in with very little rest, making it GREAT for fat-loss and preserving muscle while training for fat loss.

It also keeps you away from muscular failure so that you're not crushing your recovery systems, which is also VERY important on a reduced-calorie diet where reduced recovery levels can be a big problem.

Here are pics of the two exercises in the demo...flat barbell bench press and chin-ups. You can use pulldowns or inverted rows instead, if you can't do at least 10 chin-ups.





Since my chin-up bar is on my rack, rather than moving the bench on each set, I just opted to split my legs over the bench at the bottom of the chin-up.

As you'll see in the demo video, I take 10 seconds rest between each set. Do 3 reps of bench, rest 10 seconds, then 3 reps of chins, rest 10 seconds, then 3 reps of bench, etc.

Keep going like this for as long as you can.

Now here's the thing...most likely, one exercise is going to start fading in strength before the other one. For me, it was the bench press.

When this happens, bump up the rest to 20 seconds between each exercise.

You can perform this type of training with just about any antagonistic exercises and bodypart

pairings, e.g. biceps and triceps (curls and pushdowns), quads and hamstrings (squats and stiff-leg deadlifts), abs and lower back, front delts or rear delts (front raises and bent-over raises). For the smaller parts like arms and shoulders, I would suggest a 10 minute block of time.

Countdown Time-Volume Training Squats



This version of TVT is one of the BEST training methods I've ever come up with, period.

And I don't say that lightly. It's effective for gaining strength, building muscle AND burning fat...all in ONE workout.

I call it Countdown Time-Volume Training...and it is awesome.

It's going to give you some serious high-workload, high-volume training on a single exercise...in this case Barbell Squats.

This method builds strength because you're working in very low rep ranges. It builds muscle because of the high /training volume. And it burns fat because of the massive workload on a big exercise.

How To Do It:

Pick ONE exercise, preferably a big, compound exercise for best results. In this case, we're doing Barbell Squats.

I've got 245 lbs on the bar for this workout (the previous workout a week before, I used 225 lbs). This should be a weight you could get 12-15 reps with in a straight set. You're going to use that same weight for the whole workout and you're going to be doing it for 40 minutes straight.

Start your timer, then do a set of 3 reps. Rest 10 seconds. Do another set of 3 reps. Rest 10 seconds.



Repeat this pattern (continuously) until you would have to really grind out 3 reps...then just stop at 2 reps. Take 10 seconds rest. Then do sets of TWO reps, on 10 seconds rest.

When you would have to grind two reps, stop at one rep. Take 10 seconds rest. Then do sets of ONE rep, on 10 seconds rest.

When you have to grind out the one rep, we're going to increase rest to 20 seconds and go back to 3 rep sets and repeat.

The cycle will continue with 3 reps sets, then 2 reps, then 1 rep sets.

Again, when you have to grind that one rep, increase to 30 seconds rest and go back to 3 rep sets...then 2 reps...then 1 rep again.

This method uses the concept of "front loading" to do more work up front, while you're stronger, gradually decreasing workload as you fatigue (the decrease in reps down to one).

Then you "re-ramp" it (similar to wave loading) going back up to 3 reps with more rest.

Make sure you're using good form on each set. This is very high volume training, which means your nervous system is getting very strongly imprinted with the movement pattern, so you want to make sure that imprint is good. The weight is moderate, so that should be very doable.

And I'll be straight up with you...by the time I was finishing up the last set of singles on 30 seconds rest, it felt like I could feel the individual muscle fibers in my quads firing.

This method WORKS.

It really helps to see it in action (don't worry, I sped up the video by 1200% after the first couple of mini-sets, so you don't have to watch 40 minutes of squatting).

Countdown Time-Volume Training Deadlifts



This version of TVT is exactly the same concept as the Countdown TVT done with squats. [You can read the full description of it here, if you haven't seen it already.](#)

In this case, we're going to be doing straight bar deadlifts (you could use trap bar deadlifts instead, if you prefer and/or have the equipment).

Choose a weight you could get 12-15 reps with in a straight set. You're going to use that same weight for the whole workout and you're going to be doing it for 40 minutes straight.

Start your timer, then do a set of 3 reps. Rest 10 seconds. Do another set of 3 reps. Rest 10 seconds.





Repeat this pattern (continuously) until you would have to really grind out 3 reps...then just stop at 2 reps. Take 10 seconds rest. Then do sets of TWO reps, on 10 seconds rest.

When you would have to grind two reps, stop at one rep. Take 10 seconds rest. Then do sets of ONE rep, on 10 seconds rest.

When you have to grind out the one rep, increase rest to 20 seconds and go back up to 3 rep sets and repeat.

The cycle will continue with 3 reps sets, then 2 reps, then 1 rep sets.

Again, when you have to grind that one rep, increase to 30 seconds rest and go back to 3 rep sets...then 2 reps...then 1 rep again.

When doing straight bar deadlifts, I recommend you use a double overhand grip rather than a mixed grip so that you don't accumulate any imbalances with this high volume of work.

If you DO need to use a mixed grip, switch it up on each set so that you're keeping it even.

I will tell you up front...this is workout is TOUGH. Doing deadlifts for 40 minutes, even with moderate weight like this, will challenge your entire body.

Countdown Time-Volume Training Incline Barbell Bench Press



This version of TVT is exactly the same concept as the Countdown TVT done with squats and deadlifts. [You can read the full description of it here, if you haven't seen it already.](#)

In this case, we're going to be doing incline barbell bench press.

I find barbells to be preferable to dumbbells primarily because you don't have to be constantly getting the weights up and into position then setting them back down after each set.

That being said, if you don't have access to a rack or barbell for these, you CAN use dumbbells. I would recommend lowering the weights and setting them just on your thighs in between sets. This will make it faster and easier to get them into position for the next set.

Choose a weight you could get 12-15 reps with in a straight set. You're going to use that same weight for the whole workout and you're going to be doing it for 40 minutes straight.

Start your timer, then do a set of 3 reps. Rest 10 seconds. Do another set of 3 reps. Rest 10 seconds.

This is the version of the Incline Barbell Bench Press that I recommend for this...done in the power rack off the rails at the bottom of each rep.

This is known as "pin pressing" and, in the case of inclines, it's phenomenal for targeting the upper chest.

In regular incline presses, every time you hit the top position, your shoulder blades spread out and your body compacts down a little because your upper back slides down. This means you're losing optimal position right off the bat.

With this bottom-start version, you can reset your body position at the start of every single rep, ensuring much better activation of the upper pecs.

Set the rails so that the bar starts a couple of inches off your chest (those bottom few inches are mostly front delts anyway). At the start, squeeze your shoulder blades behind you, puff up

your chest, develop tension in the pecs then squeeze the bar off the rails (don't pop it off). This will give you the best upper-chest bang for your buck.



Repeat this pattern (continuously) until you would have to really grind out 3 reps...then just stop at 2 reps. Take 10 seconds rest. Then do sets of TWO reps, on 10 seconds rest.

When you would have to grind two reps, stop at one rep. Take 10 seconds rest. Then do sets of ONE rep, on 10 seconds rest.

When you have to grind out the one rep, increase rest to 20 seconds and go back up to 3 rep sets and repeat.

The cycle will continue with 3 reps sets, then 2 reps, then 1 rep sets.

Again, when you have to grind that one rep, increase to 30 seconds rest and go back to 3 rep sets...then 2 reps...then 1 rep again.

Even though it looks like you're not doing a lot of work with this one (and the weight is fairly light), this one works. It's all about volume and form.

After 40 minutes of this, your upper chest will be PUMPED.

40 Minute Partial Range Antagonist Time-Volume Training



This variation of TVT is going to be done using two partial-range exercises that are antagonistic to each other.

Because the range of motion is shorter, we're going to bump the reps up to 5 so that you get enough time under tension to get a strong hypertrophy effect.

You can do this style of TVT with a shorter block of time, if you like, and it'll work well. I found the 40 minute time block to be very effective. And I was able to keep to 10 seconds rest from start to finish.

Using two antagonistic exercises means your nervous system will actually get and stay more activated during the workout. Using this type of pattern will allow you to get more overall volume because of the extra rest your muscles get while the other exercise is being done.

I'm using 225 lbs on the bar for the short-range partials then bodyweight for the top range chins.



The blue grips that are on the bar are called Fat Gripz, if you're interested. They basically convert the bar into a Fat Bar, which helps strengthen your grip and forearms. They're not necessary for performing this workout.

In terms of setup, I HIGHLY recommend doing the partial bench press inside a power rack. Not only does it help you gauge range of motion for consistency, but it's MUCH safer than trying to do this kind of training freestanding.

If you don't have a rack to do this in but still want to try it, make sure there is either somebody nearby who can help you if you need it or you leave the collars off the bar so that you can tilt the bar and slides the plates off if you're desperate. The best method is clearly to do this in the power rack, though.

Single Rep Time-Volume Training for Squats



With this version of TVT, instead of doing 3 rep sets, we are instead going to focus exclusively on strength and nervous system activation with single rep sets.

This is going to allow you to use heavier weight (80-85% of your 1 RM) than regular TVT, which is going to better target strength.

As well, because you're doing single reps, you can focus even more tightly on using perfect form on each and every rep.

Set up as you normally would for squats, set your timer for 15 minutes (or whatever your target time block is going to be...it could be 5, 10, 15 or even 30 or 40 minutes, if you really want to push yourself).

Do one rep.





This rep should be relatively easy to perform. You should know you have some weight on your back, but it shouldn't be a grinding rep.

Rerack the bar and start your 10 seconds rest.

When you have 2 or 3 seconds left in your rest period, start getting reset for the next rep. You want to be sure you're not getting extra rest by waiting until you SEE that your 10 seconds are up. By the time you get set up, your 10 seconds will up and you should be starting your next rep.

Do another single rep.

Repeat...just like you would in regular TVT.

Keep going on 10 seconds rest until you get to the point where you're starting to grind your reps out. When you feel like you're pushing yourself to get to the top, increase rest to 20 seconds.

Knowing when to do this takes a bit of experience. The key thing to remember is that you want to stay well short of failure. You can use bar speed as your guide. When your bar speed drops by about 30-40% (even though you can complete the rep), that's an indicator to increase rest.

Continue in this fashion until the end of your time block. You may need to increase to 30 seconds or even 40 seconds rest, especially if you're doing a longer set.

One of the workouts that I like to do with Single Rep TVT is to work the three big exercises (squat, bench, deadlift, in that order) for blocks of 15 minutes each using this technique. This is a great workout to do right before you have a day or two off.

Single Rep Time-Volume Training for Bench Press



This version of TVT is completely targeted to strength. You'll be performing sets of one rep rather than sets of three reps for this one (hence the name). The concept is very straightforward.

One of the major benefits of performing this type of single-rep training for bench press is the ability to maintain perfect shoulder blade position.

When you do a bench press, the goal is to keep your shoulder blades retracted (pull back and down). As you press up on the first rep, you lose that position. In a multi-rep set, the second rep is done without that retraction, however you do get the nervous system activation benefits of the first rep.

When you do single reps like this, the reps are done close enough together that you still DO get that nervous system activation (meaning you'll be a bit stronger and have a better groove for the exercise) AND you can reset your shoulder blade position on every single rep.

That means every single rep is done with better form and in a stronger position to press from.

And THAT means better quality training and overall improved strength-building results.

Set up like you would for a normal bench press (using 80-85% of your 1 RM or so) and do one rep. Set your timer for your block of time (I recommend 15 minutes but you can use just about any time block you like...even 30-40 minutes).



Rerack the bar and rest 10 seconds. Start to get into position for the next rep when you have 2 or 3 seconds left on the clock for rest. This ensures you're not taking too much rest time.

I found when I was doing this weight, I had to switch to 20 seconds rest just a couple of minutes in, but I was able to maintain that 20 seconds rest for a lot longer than I could with squats or deadlifts.

Since I did a 15 minute block, this means I would still need to stay at this weight (205 lbs) until I could get past 5 minutes on 10 seconds rest. This ensures you're building up your base of strength most effectively and not reaching for peak strength too fast.

When doing single reps in this fashion, use bar speed as a guide to when you should increase rest. When the bar speed drops by about 30-40%, this is a good indicator that you're getting

fatigued and it's time to bump up the rest.

You can also do it by feel...if you know you're starting to grind out reps, it's a good time to increase the rest.

Go to 20 seconds, then 30 seconds, then 40 seconds, if needed.

You can do this training method on its own, to build specific bench press strength. I used it along with Single Rep TVT Squats and Deadlifts (performing bench press second after squats) using blocks of 15 minutes each. This is very effective and very demanding because of the "big muscle" nature of all three of the exercises.

Single Rep Time-Volume Training for Deadlifts



Single rep training using TVT is a great way to build strength in the deadlift. Doing sets of singles allows you to reset your body position on every single rep, which allows you to build strength without compromising form.

You can perform this technique with any form of deadlift...I prefer trap bar deadlifts because of the high volume, but you can use conventional or sumo deadlifts as well, with the straight bar.

If you do use a straight bar deadlift, I recommend using a double overhand grip, or, if you're using a mixed grip, switching it on alternating sets in order to keep the stresses on your body even.

Use about 80-85% of your 1 RM for this technique. I've got 405 lbs on the bar for this.





As far as time blocks go, you can choose pretty much any block of time you like. I recommend 15 minutes, but you can do 5, 10...even 30 or 40 minutes.

I did this workout in conjunction with Single Rep TVT Squats and Bench Press (15 minute blocks of each). This makes for 45 minutes of total training time, with whatever time it takes to setup for the next exercise being the rest period. The total workout time ends up being about an hour.

If you try this workout, I suggest doing it before you have a day or two of rest on your schedule (you'll need it).

Single-Rep Antagonistic Time-Volume Training for Deadlifts and Bench Press



This version of TVT will utilize single rep sets instead of 3 rep sets. And instead of using just one exercise, you will alternate between two antagonistic exercises.

In terms of building and maintaining strength, this framework has several major benefits...

1. Single reps with sub-maximal weight won't destroy your nervous system, which is especially important while on a reduced-calorie diet.
2. Using antagonistic exercises has the benefit of keeping the muscles fresher for longer. There's more time between when you'll be hitting that exercise again when done in this fashion, while still allowing for substantial workload.
3. Antagonistic exercises have the potential to boost strength by 5% in the opposing muscle group. In practical terms, it means if you bench 200 lbs for a 1 RM, by using an antagonistic exercise right before, you could potentially bench 210 lbs for a 1 RM.

In terms of Time-Volume Training, it means you'll be able to keep at the 10 second rest period for longer than you would if working a non-antagonistic muscle group instead. This means you'll be able to do more volume at that given weight.

You'll be stronger for longer, in simpler terms.

How to Do Single-Rep Antagonistic Time-Volume Training

Start by selecting two antagonistic exercise to work with. In the demo, I'm using trap bar deadlifts (with 455 lbs) and flat barbell bench press (with 255 lbs). Use a weight you would be

able to get 4 to 6 reps with in a normal set.

Other good pairings include squats and stiff-legged deadlifts, barbell curls and decline close grip bench press, dumbbell bench press and rows/chins/pulldowns

You'll notice I didn't mention leg extensions and leg curls...these two exercises are not recommended because they really won't do much for strength.

Set your timer for 15 minutes (or check your watch or the gym clock - a timer does work best, though).

Start with one rep of deadlifts.



Now set the weight down and go right over to the bench press. The 10 seconds rest you have

is pretty much just enough time to go to the other exercise and get set up. Ideally, you want your two exercises to be set up close to each other because of this.

Do a single rep of the bench press.



Re-rack the weight then go right back to the deadlifts.

Repeat this sequence, doing singles on 10 seconds rest until you get to the point where you'd really have to push hard to get that single rep.

The goal here is to maintain PERFECT form on every single rep. You're doing relatively high-volume training with heavy weight and you want to be teaching your nervous system properly.

Since you're doing singles with sub-maximal weight, there's no excuse for training with poor

form. If your form does break down, it's time to increase the rest to 20 seconds.

Go to 20 seconds rest between BOTH exercises, not just one. It's simpler to keep track of and, being honest, once you get to this point, you'll really need the rest.

Keep going in this fashion until your 15 minute block of time is up, increasing rest to 30 seconds if you need to (then 40 sec).

This style of single-rep antagonistic training gives you the best of both worlds...it trains you specifically for strength while providing enough volume (with very short rest) to elicit a massive metabolic response.

Single Rep Antagonist Time-Volume Training for Arms



This is a "power" oriented version of the Time-Volume Training protocol.

With this version, instead of doing 3 rep sets, as you do in the normal version, you will instead be doing single reps, alternating between two antagonistic exercises...in this case, close grip dumbbell bench press for triceps and alternating dumbbell curls for biceps.

You can use just about any bicep and tricep exercises for this...these are just two of my favorites.

This style of training is also very effective for fat loss (and holding onto muscle and strength during fat loss) because you're not only doing high volume, you're using relatively high loads for that volume with the single rep sets. It's a nice compromise between volume and intensity that really hits the body in a unique way.

To do this, get your two exercises set up. Use a weight that's about 80-85% of your 1 RM on each exercise.

You can adjust the weight according to the 1/3 rule the next time you do the program...which is basically means if you can make it 1/3 of the way through the time block (in this case, 15 minutes, so 1/3 would be 5 minutes) on 10 seconds rest, then increase the weight next time.

Do one rep of the dumbbell close grip bench press. I'm using a pair of 75's for these.



Then rest 10 seconds, as you're moving over to get into position for curls. I prefer to do alternating rather than both at the same time as I can perform more nervous system drive into each arm that way, meaning I'll be a little bit stronger on the rep.



Then do the other arm.



Take 10 seconds rest, while going to get set up for the presses again.

Keep going like this until it would be very tough to get that one rep. Then go to 20 seconds rest between the exercises.

Keep going in this pattern for the full 15 minute block of time.

This style of training will keep you using relatively heavy weight through the entire block, which is very effective for maintaining and building mass and strength.

Single Rep Antagonistic Time-Volume Training for Squats and Hang Clean and Press



This is another exercise option for Single Rep Antagonistic Time-Volume Training.

This version is going to pair up the Barbell Hang Clean and Press with the Barbell Squat. These are two exercises that don't directly work the same muscle groups. There is some carryover, but not enough to compromise form or strength on either one.

The Hang Clean and Press is one of my favorite shoulder/upper body exercises...it develops tremendous explosive power and strength in the shoulder girdle.

The Barbell Squat is the standard version of the back squat.

You'll be going back and forth for 15 minutes, doing single reps of each exercise with 10 seconds rest in between...which is basically just enough time to get set up for the next rep.

Select a weight you could normally get at least 6 reps with here. I'm using 135 lbs for the clean and press and 275 lbs for the squats.

You should be familiar with both the exercises before attempting these, especially the hang clean and press. You'll be doing a lot of reps and you want to be sure you're practicing good form.







Then lower the bar back down to the floor, rest 10 seconds, then go to the squat.





Rerack the bar then rest 10 seconds and go back to the hang clean and press.

Repeat this pattern for 15 minutes.

If you get to the point where you think you won't be able to complete a rep on either exercise, go to 20 seconds rest instead of 10 and keep going. If you get to that point again, then go to 30 seconds rest.

As in the primary methodology of TVT, the goal here is to go at least 5 minutes without increasing the rest period. If you can do that, then you can increase the weight next time. If you can't do 5 minutes without increasing weight, stay at that same weight.

Wave Loading Time-Volume Training



With this version of TVT, instead of doing just 3 rep sets, you will instead use a modified "wave loading" technique.

Wave Loading is a strength technique normally used to allow you to lift heavier loads in your training by activating your nervous system strategically.

In our case, instead of changing loads (which is how it's done with normal Wave Loading), we'll be doing it with just changes in reps.

The waves will look like this:

1 rep
Rest 10 seconds
2 reps
Rest 10 seconds
3 reps
Rest 10 seconds
Then back to 1 rep

And repeat.

When you get to the point where you can't hit a 3 rep set (it generally won't happen on the 1 or 2 rep sets), then increase rest to 20 seconds between every set.

This allows you to use a bit heavier weight and STAY at that heavier weight for a longer period of time on that 10 seconds rest. I found this technique to be VERY effective, especially for using Time-Volume Training for strength purposes.

This technique also works well with relatively challenging bodyweight exercises such as chin-ups and pull-ups, in addition to free weight exercises.

In the demo, I'm using 365 lbs for trap bar deadlifts.



When using Wave Loading TVT, I definitely recommend you stick with heavy, compound exercises like deadlifts, squats and bench presses. It won't be as effective with isolation exercises for smaller muscle groups.

15 Minute Non-Stop Time-Volume Training for Everything



With this version of Time-Volume Training, you're going to use the same 3-rep protocol but you'll take NO rest.

You're going to be doing 3 exercises, covering chest, back, and legs, which is essentially covering your entire body, in series.

You will do only 3 reps per set and you will use sub-maximal resistance so that you're never approaching failure. This is all about volume.

Then you're going to do 3 rep sets of each, going one exercise straight to the next exercise straight to the next exercise then straight back to the first exercise, for 15 minutes. Then you can stop.

This will hit EVERYTHING in your body...and it'll work your cardiovascular system very strongly as well. It's not only excellent muscle training, it's great for fat-loss because of the constant activity.

The exercises I've used in the demo are dumbbell bench press, chin-ups, and barbell squats.

I have the luxury of being able to move things around in my basement how I need to - if you can't do these specific exercises in your gym, try to select exercises that can be done all in one area. For example, you could do dumbbell floor press for chest, chin-ups on the power rack chin bar (most racks have that) and then barbell squats - all doable within the power rack area.

Set your timer for 15 minutes (or watch the clock) and do 3 reps of your chest exercise. For this specific workout, we're looking for a weight you could get 15-20 reps with on all exercises. It will seem fairly light at first...but that will change FAST.



Then straight to the chin-ups for 3 reps.



Then to squats for 3 reps.



Then right back to chest. And repeat, going directly between exercises with as little rest as possible. We're trying to get as much continuous resistance training as possible within that 15 minute block.

If you do get to the point where you can't hit three reps on any of the exercises, start taking 10 seconds rest. If you make it all the way through with no rest and want to add some progression to this, just increase the resistance on your exercises next time.

Believe me, you will be sucking serious wind at the end of 15 minutes. The short breaks and the constant changing of which muscles are being worked allows you to maintain a high workload almost constantly. Your metabolism will be kicked into high gear, and all in just a 15 minute workout.

Single Rep 4 Exercise Time-Volume Training



You DON'T have to accept losing strength as a consequence of losing fat...as long as you know how to train to maintain it.

This version of Time-Volume Training protocol is all about maintaining strength while training for fat-loss. And it's AWESOME.

What you're going to be doing is very simple...cycle through 1 rep of 4 different exercises with 10 seconds rest ...for 40 minutes.

The four exercises are going to be deadlifts (straight or trap bar), bench press, stiff-legged deadlifts, and Zercher "Bench" Squats. This sequence works every major muscle group in your body.

NOTE: you can sub in other versions of these exercises, if you like, depending on the equipment you have available and how crowded (or empty) your gym is. This version requires two barbells, a bench, and either a power rack or a bench press station (either one is fine).

Weight selection is going to be key here...here's what I used, to give you an idea.

1. Trap Bar Deadlift - 315 lbs. This is actually a pretty easy weight for me for this exercise...however, I did this for a reason, which I'll tell you in a second.
2. Barbell Bench Press - 225 lbs. I could hit about 8-10 reps with this.
3. Trap Bar Stiff-Legged Deadlift - 315 lbs (same bar...that's the reason). I could normally get about 8-10 reps on this exercise with that weight. Because I wanted to keep the bar usage to a minimum, I decided to just use the same weight for both deadlift variations, even though one is stronger.
4. Zercher "Bench" Squats - 225 lbs. This is the same bar and weight as the bench press. I recommend using a towel to pad the bar as well.

Here's what the sequence looks like:

Perform one rep of Trap Bar Deadlift.



Rest 10 seconds.

Perform one rep of Barbell Bench Press.



Rest 10 seconds.

Perform one rep of Stiff-Legged Deadlifts.



Rest 10 seconds.

Perform one rep of Zercher Bench Squats.



Sit fully on the bench at the bottom.



Rest 10 seconds.

Then just repeat the sequence...continuously...for 40 minutes.

If you ever get to the point where you'd have to really grind to get a rep, or if you actually fail on a rep, increase your rest time in between reps to 20 seconds. If you hit that point again, then rest goes to 30 seconds.

If your weight selection is on target, you should be able to keep to 10 seconds rest the entire way through. It will be a challenge, but it is definitely doable.

Using singles like this allows you to work with relatively heavy weight (which preserves strength) for high volume (which boosts the metabolism for fat loss and burns a LOT of calories while actually training).

And fair warning...10 seconds of rest goes VERY fast. I recommend using a timer to keep you honest. It's basically just enough time to catch your breath for a few seconds then set up for the next exercise (as you'll see in the video).

Overall, this is a GREAT workout for staying strong while losing fat!

Loaded Carry Time-Volume Training



This is Time-Volume Training done using Farmers Walks (or any other form of loaded carry).

The normal version of TVT is done using regular weight exercises such as bench press or deadlifts. You take a weight you can get 10 reps for and you do a set of 3 reps with it. Then you take 10 seconds rest, then do another set, then 10 seconds rest, then another set.

You continue with 3 rep sets until you can no longer get 3 reps with good form. Then you take 20 seconds rest and repeat...then 30 seconds (if you need it)...then 40 seconds.

Repeat this for a set block of time such as 15 minutes. You stay away from failure on all sets, focusing on volume and just doing a lot of work.

Now...in this case, we're going to be doing short but heavy Farmers Walks instead of weight exercises, going by distance instead of reps.

Here's a rundown of how it works with Farmers Walks.

1. Do a Farmers Walk for about 20 feet. The weight should be something fairly challenging but not super heavy. I'm using 450 lbs here (225 in each hand). You can use handles, a trap bar, dumbbells, kettlebells, whatever you have available.

In terms of distance, I'm limited by space in my basement, which is why I really like this method. You can go for longer, if you have longer space to use. I used hooks for grip assistance so grip wouldn't be a limiting factor, just overall workload capability.





2. Set the weight down and turn around. You get 10 seconds rest from the time you set the weight down to the time you pick it up again.

3. Walk back in the other direction, same distance. Set the weight down.

4. Repeat this process, taking 10 seconds rest in between every carry.

5. When you get to the point where you feel your form breaking down or your distance might be a bit short, start taking 20 seconds rest in between carries. Don't push to failure on any of these carries.

6. Keep going, repeating this process until you can't maintain form (or you'd be gassed if you tried again) on 20 seconds rest.

7. Then start taking 30 seconds rest.

8. Repeat for whatever time block you decide...I did 30 minutes of this. I completed about 5 minutes on 20 seconds rest, another 17 minutes on 20 seconds rest, then the final 8 minutes on 30 seconds rest.

That's the whole workout.

This is GREAT strength/endurance training and metabolic conditioning, and is especially useful for development work capacity in your whole body when you don't have a lot of space to train in.

Kettlebell Swing Walk Time-Volume Training



This variation of Time-Volume Training is right along the same lines as [Loaded Carry TVT](#).

Instead of going for 3 rep sets, you're going to be going by distance. This type of training is perfect for doing movement-oriented exercises in a relatively small space.

It's going to build dynamic strength in the core while also doubling as cardiovascular training (depending on how long of a block you go for).

The exercise here is one that I call a Kettlebell Swing Walk...it's fantastic anti-rotational core training, while also bringing in the muscles of the upper back to control the swing (teres major, rhomboids and middle traps, especially).

You will need two kettlebells or dumbbells for this one and the movement pattern is fairly simple...as you walk, you will also swing the weight forward with the opposing arm.

It's a natural diagonal stride pattern...however, when you add in resistance like this, it forces MASSIVE contraction in the deep muscles of the core (the obliques and transversus) in order to control the torsion created by the swinging weights.

It will take a bit of practice to get the pattern correct and smooth, so take a few minutes to develop a feel for the exercise.







In the context of Time-Volume Training, you're going to be walking for about 20-30 feet, stopping for 10 seconds to rest, turn around then walk back in the other direction.





Then again, take 10 seconds rest and repeat for the entire block of time. In the demo, I did this for 30 minutes straight, keeping to 10 seconds rest.

If you get to the point where you feel your core strength is getting compromised, then start going to 20 seconds rest.

40 Minute Antagonistic Extended Time-Volume Training



For this version of Time-Volume Training, instead of doing a 15 minute block of time, you're going to do a 40 minute block of time.

And instead of using just one exercise, you're going to use TWO...and they're going to be working antagonistic (opposing) muscle groups.

This gives you multiple benefits.

1. Using two exercises will allow you to perform more volume for each exercise because as one muscle group is working, the other is resting.
2. Because they're antagonistic exercises, you'll get nervous system potentiating benefits, meaning you'll be a little bit stronger on each exercise because the nervous system will be primed from the other exercise.

The two exercises in this demo are chin-ups and dips...both excellent bodyweight exercise.

There is one KEY difference here, though...you're going to do different numbers of reps for each exercise (3 reps of dips to 2 reps of chins). This is because chin-ups are a more challenging exercise. So by adjusting reps to account for this, we'll actually be able to maintain the volume of the workout more effectively.





Keep going back and forth between the two exercises, taking 10 seconds rest in between sets. If you get to the point where you can no longer get either 3 reps of dips or 2 reps of chins, then go to 20 seconds rest.

When I did this workout, I managed to do the entire 40 minutes on 10 seconds rest, so you may find the same thing...that by using antagonistic pairings, you'll be able to keep going with the shortest rest period for a much longer stretch of time than you think.

40 Minute Extended Time-Volume Training



For this version of Time-Volume Training, instead of doing a 15 minute block for chest (for example), you're going to do a 40 minute block of time.

When using this bigger block of training time, you'll want to use an exercise that allows you to get a lot more reps than the normal 10 rep range. This is what makes it effective for bodyweight exercises (like push-ups) where you can get a lot more than 10 reps.

Even though you can get a lot of reps, you're **STILL** just doing 3 reps per set here. Each rep should be done with perfect form, focusing on good muscle contraction, not just completing the movement.

For this demo, I'm using a variation of the push-up that I call Hooked Feet Push-Ups.

It's done with your feet hooked over a bar and elevated so your body is at a downward angle, which targets the upper pecs. Your hands are set on the front edge of a flat bench. This allows your face to get lower than the level of your hands while keeping a straight body position.

This is important because when you're a regular elevated-foot push-up with your hands on the floor, you have to flatten your position as you come to the bottom to accommodate your face. With this setup, you don't have to.

Here's what this particular exercise looks like:

First, set a bar (or other solid object) a couple of feet higher than the level of the bench. I'm using a bar in the power rack, but you can also use a Smith machine bar.

A flight of stairs is actually very effective for this. You don't hook your feet, but you do set your hands a few steps up from the bottom and your feet further up the steps. It gives you the same basic concept.





The program structure is what I really want to focus on here, though. You'll perform this Time-Volume Block just like you would any other TVT block...only for much longer.

You're essentially doing 40 minutes of push-ups with 10 seconds rest.

This can be translated to just about any exercise, whether it's bodyweight or free weight or even a machine.

This is a GREAT training session and well worth giving a try if you have a specific lift or area you want to work on. I picked this one to focus on upper chest.

5-3-1 Bodyweight Time-Volume Training



This version takes the base concept of TVT and changes the rep ranges based on the challenge of the exercise you're doing.

The 5-3-1- refers to the number of reps you're going to be doing on three different exercises (not the strength program of a similar name created by Jim Wendler)...one push, one pull and one leg exercise. You'll do 5 reps of a push exercise, then immediately go to 3 reps of a pull exercise, then 1 rep of a leg exercise.

The key with this workout is exercise variation selection. You want to choose appropriate exercises for each movement type so that the challenge is approximately equal on all of them.

You'll start off by taking no rest at all, moving directly from one exercise to the next. Once you approach failure on one of the exercises, you'll then take 10 seconds rest in between each exercise...then 20 seconds, etc. if needed.

You'll do this for a set block of time, such 10, 15, 20 or 30+ minutes. I recommend using this for a relatively longer block of time (e.g. 30 minutes) and using it as a total-body workout.

In the demo, I'm using a Bench Clench Push-Up, a neutral grip chin-up, and an elevated pistol (single leg squat).

Exercise #1 - The Bench Clench Push-Up

To do this one, you'll need a bench or a chair...basically something about 12-18 inches wide that you can set your hands on the edges of, instead of on top of.

The idea here is to push INWARDS against the chair or bench instead of up, like you would in a regular push-up. This dramatically ramps up the tension being applied to the pecs.



Come down to the bottom, lower until your chest touches the surface, then push inwards to move upwards. Repeat for 5 reps.





This push exercise should be one you could normally get about 15-20 reps with.

Exercise #2 - Neutral Grip Chin-Ups

This can be any version of chin-up, pull-up or inverted row. I'm using a pair of C Clamps from the hardware store, attached to a rafter of my basement ceiling. This works GREAT for chin-ups...just make sure you clamp them down hard.

The just grab on and perform as normal.



This pull exercise should be one you could normally get about 10-15 reps with.

Exercise #3 - Elevated Pistols

This is basically a single-leg squat, done standing on a bench or chair. Hold onto something solid beside and a little in front of you for balance and for assistance, as needed.



Come down into the bottom position, similar to a pistol. In this case, because you're elevated and stabilized, your front leg position or balance won't be limiting factors in the exercise. You can focus on coming down fully into the bottom position, then using leg power to push back up.



Do the one rep with this then turn around and do a rep with the other leg.



You can use any leg exercise for this one...if you're fairly strong in your legs, a single leg squat variation will be your best bet. This leg exercise should be one you could get about 5-7 reps with.

Performing the Full Workout

Now repeat for your full workout block of time, which is whatever you determine you want it to be. I used a 30 minute block in the demo workout and I was able to continue with no rest until about 17 minutes in. Then I went to 10 seconds rest between each exercise for the remainder of the time. This is a killer workout...you're doing a lot of volume but not a lot of reps in each set, so you're still focusing on the fast-twitch muscle fibers.

Mechanical Drop Time-Volume Training for Back



Mechanical Drop Sets are a simple concept to work with. Basically, you start at the "weakest" version of an exercise or movement pattern then as you fatigue, you switch to stronger versions of that exercise.

So instead of decreasing weights, you improve leverage.

We're going to translate this concept into Time-Volume Training, utilizing 4 versions of the pull-up, changing versions of the exercise instead of increasing rest periods...until you get through all 4 versions, THEN you increase rest periods and repeat the cycle.

I recommend taking a block of 20-30 minutes for this technique. You can certainly do shorter blocks, if you like, though.

The first exercise is the wide-grip pull-up. This exercise is the one that has the weakest leverage.





Perform sets of 3 reps, taking 10 seconds rest, just as you would for standard TVT.

When you can no longer get 3 good reps, switch to close-grip chin-ups and keep performing 3 rep sets on 10 seconds rest.





This is a stronger exercise with better leverage so you will be able to continue on 10 seconds rest for a little while longer.

When you can no longer hit 3 good reps, then switch to wide-grip inverted rows. I have my feet on a bench for these, to provide more resistance. This is optional.

To do these, you will need to have something solid to grip onto that is about 3 feet off the ground. Keep your body stiff and straight as you're performing the exercise.





Keep going with 3 rep sets on 10 seconds rest until you can't hit 3 good reps, then switch to close-grip, underhand inverted rows. This variation again has stronger leverage than the wide, overhand grip inverted rows.





When you can no longer hit 3 good reps of this, it's time to restart the cycle.

Go back to wide-grip pull-ups but take 20 seconds rest instead of 10. Continue through the same cycle of exercises, all on 20 seconds rest.

If you go through all four exercises in this fashion again, then increase rest to 30 seconds.

Continue for the full block of time you're going to do.

This combination of exercises hits both the vertical pull and the horizontal pull movement patterns for your back. The two different basic grips will target different muscle groups in your back, covering more muscle mass in your back.

If you're not strong enough to do pull-ups or chin-ups, you can utilize just the inverted rows. Cycle through just those two variations, first on 10 seconds rest, then 20, then 30, etc.

You won't get the vertical pull movement pattern, but you will get excellent work in the horizontal pull / rowing movement pattern.

No-Rest Antagonistic Bodyweight Speed Time- Volume Training



With this version of TVT, you'll do a block of alternating 3 rep sets of push-ups and inverted rows...with NO rest in between sets until you need rest.

And you're going to do it FAST...until you can't do it fast anymore...

The only time you'll get to rest is the time it takes to switch to the other exercise, which you want to do as quickly as possible..

The key here is that you're using exercises that are fairly light...both are bodyweight movements that don't give a lot of resistance. You're doing only 3 reps per set, which hits the fast-twitch fibers and doesn't build up much in the way of waste products in the muscles, so you're able to keep doing this for fairly long periods straight through.

It's the "continuousness" of the training that really pushes your body hard. Even if you can do a lot of reps of both exercises normally, you'll be hurting by the end...heck, even close to the beginning.

When you first start doing these, go fast...as fast as you can perform the exercises and transition between the exercises. That's why I call it "speed TVT."

As you get tired, don't take rest yet...just start doing the exercises and the transitions slower. If you eventually DO hit a point where you can't do 3 rep sets, then just add 10 seconds rest between the exercises.

You don't need much equipment for this one, which is another factor that makes it very valuable. Just a timer and something to pull yourself up on.

So set your timer for 5, 10 or 15 minutes and begin.

Lie under the bar and grip it with a wide, overhand grip.



Then row your upper body up to meet the bar.



When you've done 3 reps, set yourself down on your side hip and extend your bottom arm overhead...this makes for a faster transition by getting your arm out of the way.



Then get right into push-up position and begin.





Do 3 reps then roll over and grab the bar again.



Now go again on the rows (when doing these, you can do this close grip, or wide overhand grip, or close overhand grip to get some variety).



When you've done 3 reps of this, roll the other way to keep the loading even.





By the time you're done, you will have worked your upper body HARD and boosted your metabolism strongly. It's great low-equipment, non-cardio fat-loss training.

Supplement Guide

In my experience, supplements can be useful but are generally optional. You should always focus on quality nutrition first. That being said, there ARE some supplements that can help you build muscle and strength.

I will have links available for all recommended supplements so you can purchase online.

1. Protein

Do you NEED to take a protein supplement? Nope, you don't.



However, it is a convenient and effective way to get extra protein quickly and easily. If you're going to take a protein supplement, get a good quality one. And if budget is an issue, take it only when it'll have the most impact...immediately post-workout.

If you've been training awhile, you likely already have a favorite protein powder. You can absolutely stick with that.

[This is the protein supplement I use and recommend.](#)

2. Digestive Enzymes

The old saying "you are what you eat" is not quite on the mark...you are what you ABSORB.

As you get older (especially once you pass 40), your body's production of digestive enzymes starts to decline. This makes it tougher to get nutrients out of the food you're eating, no matter how good the quality is.

Without good digestion, you can be eating a ton of protein and taking the best protein powder and still not be absorbing the protein you need for maximum results with this program.

Because of this, in addition to protein, I also HIGHLY recommend you look at taking a good digestive enzyme product, especially one targeted to help you digest protein.

[This is the digestive enzyme product I use and recommend.](#) I take it before every single meal, without fail. I noticed a significant improvement in my digestion the very first time I took it.

Again, do you NEED to take it? Nope. However, it can make a big difference in how well your body makes use of the food you're eating.

3. Creatine Monohydrate

Creatine is a tried and true supplement. It's one of the most well-researched supplements on the market. It's effective and its safety has been conclusively proven.



When taking creatine, mix it in hot water (not boiling, just tap water hot is fine) and stir for a minute or so until it's completely dissolved. This helps ensure optimum absorption. Many people who have issues taking creatine don't allow it to dissolve in this fashion. It's a simple tip and it works well.

[You can get Creatine Monohydrate here.](#) Or you can use your own preferred brand.

I don't recommend anything fancier than regular Creatine Monohydrate. This basic form is inexpensive, readily available and proven to work according to volumes of

research studies. The list of creatine versions that have tried and failed to improve upon the original is long.

In order to load, take 4 doses of 5 grams spread over the course of the day. Do this for 5 days straight, then take a 5-10 gram maintenance dose after that. I normally take a 10 gram dose about 30-40 minutes before training.

You can also use creatine without loading, taking 5 grams a day. Over about 30 days, you'll end up at the same level of saturation as if you did a 5 day load.

4. L-Citrulline DL-Malate

It's very possible and likely that you've never heard of it before. Citrulline is a precursor to Arginine and is converted into it very readily in the body. This will lead to increased nitric oxide levels in your bloodstream quickly, which will dramatically improve blood circulation and pump...which means you'll be getting more nutrients into your muscles for muscle growth.

Citrulline is not taken up by the intestinal tract, meaning MUCH more of it actually gets through the gut and into the bloodstream...upwards of 100 times more than just taking straight Arginine.

[Citrulline is relatively cheap and can be purchased in bulk \(I prefer the 2:1 ratio to DL-Malate version over plain Citrulline due to it's fatigue-preventing effects\).](#) I recommend getting the 1 kg size.

Research has shown that 6-8 grams (1-2 teaspoons) is an effective dose of Citrulline.

About 30 minutes before training, mix it into a glass of hot water (just tap water hot is fine), stir until clear then drink.

Now...personally, I've gone as high as 5 teaspoons at once (approximately 25 grams) with no serious adverse effects (the worst I ever got was just a small stomach ache that went away very quickly...nothing that stopped me from doing it again).

I've actually found that level to be VERY effective. That being said, if you decide to use Citrulline, start with the lower dose of 6-8 grams. If you want to work your way up and test higher doses, it can be effective and isn't dangerous. Studies have shown no toxicity even at very high doses..

There is no need to cycle on and off Citrulline. In fact, I actually recommend using it before every single workout.

5. Magnesium + Vitamin D3/K2 + Zinc

This combination of Magnesium, Zinc and Vitamin D3/K2 is important for bone strength and connective tissue repair.

Many people already take a calcium supplement or focus solely on calcium intake. Magnesium must be taken to balance your calcium levels, to prevent cramping and to improve muscle contraction strength. It's critical in hundreds of chemical reactions in the body and many people are deficient in it.

The ratio of calcium to magnesium taken should be 1:2 or 1:1 (e.g. 200 mg of calcium to 400 mg of magnesium or 400 mg of each). This is the opposite of what you normally see recommended for a simple reason...most people already get calcium in their diet (and often their drinking water, to some degree). They DON'T get much, if any, magnesium.

Getting too much calcium and not enough magnesium can lead to calcification of structures in your body other than bones (arteries, for example). Magnesium keeps calcium dissolved in the blood. When you don't have enough magnesium to do that, the excess calcium has to go somewhere and your body will store it where it normally doesn't belong (e.g. calcium plaques in your arteries).

Calcium and magnesium are best not taken at the same time as they compete for absorption. Therefore, I don't recommend you take a "cal/mag" supplement that combines both of these minerals as they're better absorbed taken separately.

[This is the single best magnesium supplement I've ever found.](#)



[I also like Magnesium Citrate and use it regularly as well.](#)

Zinc is critical for connective tissue production. You can get it in food but I prefer to take it via supplementation to ensure I'm getting enough as food sources can be hit or miss. I take 30-50 mg per day, before bed, along with 400 mg of magnesium.

[I use Zinc Glycinate.](#)

Vitamin D3 is also an important component of the matrix for connective tissue growth. Vitamin K2 is important for proper functioning of D3 in the body. Look for a supplement that contains both or be sure to take K2 separately.

[I get D3/K2 in a liquid form here.](#)



6. Fish Oil

Fish oil is one of the best anti-inflammatory supplements you can take.

[My recommended brand of fish oil is Nordic Naturals.](#) Cheap fish oil supplements can be counterproductive and not provide you with the benefits you're looking for (unless you enjoy fish burps).



7. Non-Stimulant Herbal Pre-Workout Formula

I wanted to give you an alternative option to a caffeine-based pre-workout product.

This product is called "[Hercules Pre-Workout Formula](#)," and it's made by Lost Empire Herbs, with a combination of multiple ingredients that boost energy, focus and strength WITHOUT stimulant effects.

- Polyrhachis Ant Extract
- Cistanche
- Maral Root
- Rhodiola
- Cordyceps
- Shilajit

I've used this formula and it absolutely works. You will notice increased energy, focus and strength without the jitteriness and hopped-up feeling that you might get with caffeinated pre-workout supplements.



This is actually a product you could take before any and all workouts in this program. It won't interfere with anything we're trying to accomplish in the other phases, and could potentially help by improving your strength and focus.

[Bottom line, if you're looking for an effective pre-workout formula that still allows you to get to sleep at night, I would highly recommend trying this one.](#)

Just so you know up front, though, the taste is not great...but that's because there are no additives or flavorings put in. It's nothing but active ingredients.

Conclusion

THAT is Time-Volume Training.

The benefits of this style of training and many...but it all comes down to RESULTS.

And when you use use TVT with consistency, you WILL get results.

Other programs by me:



Metamorphosis

This revolutionary approach to building muscle and strength targets your underlying physiology to help set the stage for future growth and strength gains.

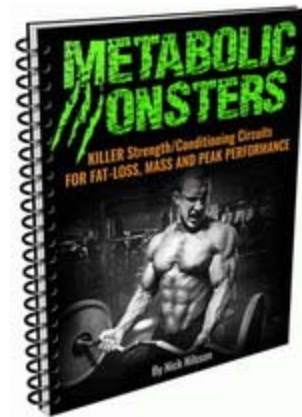
[Click here to learn more.](#)



Metabolic Surge -
Rapid Fat Loss

Lose fat FAST...keep your muscle...and CRANK UP your metabolism with our powerful 36-day rapid-fat-loss program.

[Click here to learn more.](#)



Metabolic Monsters

Get shredded while keeping your mass and strength. Crank up your athletic performance with these killer "monster" circuits.

[Click here to learn more.](#)

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Time-Volume Training Workout Tracking Sheet

Workout 1 - Date _____ TVT Style: _____

Workout 2 - Date _____ TVT Style: _____

Exercise	Weight Used	Time Block	Increase (y/n)

Exercise	Weight Used	Time Block	Increase (y/n)

Workout 3 - Date _____ TVT Style: _____

Workout 4 - Date _____ TVT Style: _____

Exercise	Weight Used	Time Block	Increase (y/n)

Exercise	Weight Used	Time Block	Increase (y/n)

Workout 5 - Date _____ TVT Style: _____

Workout 6 - Date _____ TVT Style: _____

Exercise	Weight Used	Time Block	Increase (y/n)

Exercise	Weight Used	Time Block	Increase (y/n)