

# Body Composition Training

## Ideal Body Fat

Men vs. Woman

Healthy, Overweight, Obese

Methods of Measurement

## Training

Full body vs. Split routine

Days per week

Beginner = 3 days per week

Intermediate and Advanced = 4 days per week

Sets, Reps, Rest

Beginner

Sets = 2 - 3 sets

Reps = 250- 300 per workout

Rest = 60 - 75 seconds

Intermediate

Sets = 2 - 4 sets

Reps = 200 - 400 per workout

Rest = 45 - 75 seconds

Advanced

Sets = 3 - 4 sets

Reps = 225 - 350 per workout

Rest = 30 - 60 seconds

The Workout - German Body Composition Program

Developed by Hala Rambie

Roman Exercise Scientist working in Germany

He discovered that fat loss could be accelerated by producing high levels of lactic acid in the blood.

Popularized in the U.S. by Charles Poliquin

Goal of this style of training

Burn fat without sacrificing muscle

Workouts increase production of growth hormone

Terrific calorie burner

Order

Superset fashion

A1 rest, A2 rest

Tempo

Eccentric (Lowering portion) - Slow and controlled

Isometric - No pause

Concentric (Return) - Quick

Weight Selection

Select a weight that you can perform 4 extra reps

Example 10 reps means you could actually perform 14 reps

Warm-up

Take the first two exercises and perform 2 sets of 5 reps

Example - Training weight = 100 lbs

Warm-up = 5 x 60, 5 x 80lbs