

Build Muscle Like Clockwork with Time/Volume Training...a Simple System That Will Build Mass AND Burn Fat at The Same Time!

By Nick Nilsson

Author of "[Mad Scientist Muscle](#)" and "[Metabolic Surge - Rapid Fat Loss](#)"

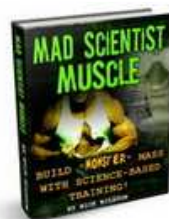
If you want to maximize the results you get from your training, you MUST have a system...just randomly performing sets and reps or various exercises isn't going to get you where you want to be when it comes to fat-loss OR muscle-building.

And when it comes to a simple, easy-to-follow and incredibly effective SYSTEM, in my opinion, **nothing beats Time/Volume Training**. It's going to allow you to build muscle AND burn substantial fat at the same time (with a good nutritional approach, of course!).

Time/Volume Training is a form of "Density Training," which is basically increasing the amount of work done within a specific timeframe, e.g. do more reps within a 10 minute block of time. You're going to accomplish overload of your muscles by increasing training volume and workload within that specific timeframe rather than by just doing more sets or reps or weight. This approach uses lighter loads and keeps you away from muscular failure, which keeps the nervous system fresher.

While some forms of Density Training use a more "instinctive" type of framework, this is a very structured form of Density Training that tells you exactly how many reps to do, exactly when to increase rest periods and exactly when to increase loads. There is ZERO guesswork with this system and it will allow you to make continuous progress that you can SEE, both in how you look in the mirror and your numbers in the gym!

This technique is found in my book
"Mad Scientist Muscle" ([click here for more information](#))



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How To Do Time/Volume Training:

You can use this technique with just about ANY exercise, including bodyweight training. For mass-building and fat-loss purposes, it's going to be the most effective when done with the big, basic exercises, of course.

With bodyweight training, obviously you won't be able to choose your weight, but choose a version of that exercise that allows you to get at least 10 reps. For example, if you can close-grip chin-ups for 12 reps but can only do wide-grip pull-ups for 6 reps, use the close grip chins.

When using this technique with non-bodyweight, free weight exercises, use a weight you could normally get about 10 to 12 reps with on a "regular" set.

So here's how it works...



- First, start by doing a set of 3 reps. You'll obviously be nowhere near failure on this first set. Now **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 reps anymore. When this happens and you get to a set where you do 2 reps and you feel like it would be a struggle to get that third rep, THAT is your cue to stop. 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 (or whatever time block you're using) are up.

It's just that simple! Basically, the idea here is not to go to failure on any of your reps but to manage your fatigue so that you can maximize your training volume (i.e. more reps and sets).

This training style does what's known as "**front loading**" your training...basically doing more work while you're fresher then moving to doing less work as you get fatigued. When it comes to volume-based training, this is THE best way to go.

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

But rest assured, 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 and makes it very effective for fat-loss (you burn a massive amount of calories when training like this).

Take a few minutes in between bodyparts for recovery.

Here are the time intervals I recommend for this type of training:

Back, Chest and Thighs

15 minute blocks each

Hamstrings, Shoulders, Biceps, Triceps, Calves and Abs

7 1/2 minute blocks each

A technique I like to use with calves and abs is to combine them both into one block, basically go back and forth between exercises, e.g. calf raises to abdominal sit-ups, with no rest in between. The time it takes to do a set of abs is your rest time for your calves, since they're totally different bodyparts that have nothing to do with each other.

When to Increase the Weight:



I have a VERY simple rule for increasing the weight. If you can make it 1/3 of the way through the time period while keeping to the 10 second rest periods, then increase the weight the next time you train that exercise.

For example, if you're bench pressing 185 lbs and you're able to keep doing 3 rep sets with 10 seconds rest for at least 5 minutes, then next time, put 195 lbs on the bar.

If you're doing barbell curls, you'll need to get past the 2 1/2 minute mark in order to increase the weight.

If you DON'T reach that 1/3 mark, then just keep the weight exactly where it is. So if you had to switch to 20 seconds rest after 4 minutes on the bench press, then you would stay at 185 lbs on the bench press next time.

It's a very easy, very natural way to gauge your progress because you have to EARN your training loads. If you don't make the time then you don't increase the weight...simple as that.

Sample Workouts:

Day 1

Bodypart	Exercise	Time	Reps Per Set	Notes
Back	Deadlifts, Chin-Ups, Barbell Rows or One-Arm Dumbbell Rows	15 min	3	Deadlifts are the preferred exercise here since they involve the most muscle mass.
Chest	Barbell Bench Press or Dumbbell Bench Press	15 min	3	Barbells are easier to work with - all you have to do is re-rack the weight after each set. With dumbbells, you have to set them down then pull them right back up into position again. It can be done but it'll drain you a bit more.
Biceps	Barbell, Preacher or Dumbbell Curls	7.5 min	3	Any of these exercises is fine here.
Triceps	Dips (weighted), Decline or Flat Close Grip Bench Press, Lying Tricep Extensions	7.5 min	3	I prefer to use Decline Close Grip Bench Press or Weighted Dips for this session in order to maximize the weight load on the triceps.

Day 2

Bodypart	Exercise	Time	Reps Per Set	Notes
Thighs	Barbell Front Squats or Dumbbell Split Squats. Use Barbell Squats or Leg Press here if you didn't use Deadlifts on Day 1	15 min	3	The best exercise to use here is the Front Squat, especially if you did deadlifts on the previous day. If you're using split squats, take your rest period in between legs, e.g. left then 10 sec rest, right then 10 sec rest, etc.
Shoulders	Seated Dumbbell Press or Barbell Military Press or Hang Clean and Press	7.5 min	3	The Barbell Press will generally be easier to manage as you won't have to get the dumbbells up into position on every set. Dumbbells still work just fine, though (use a Preacher Curl bench facing backwards, if you have one).
Hamstrings	Stiff-Legged Deadlifts or Leg Curls	7.5 min	3	SLDLs are the preferred exercise here. Leg curls are ok, but the deadlifts will hit a lot more muscle mass and really challenge you.
Calves	Standing, Seated, Donkey or Leg Press Calf Raises	7.5 min	5	Any calf exercise will work equally as well here. The leg press calf raise will be the easiest to get into position. We're aiming for 5 rep sets for calves, since they generally respond better to a bit higher rep ranges.

Day 3 - Off

Day 4 - Repeat Day 1 with different exercises

Day 5 - Repeat Day 2 with different exercises

Day 6 and 7 - Rest

Then...

Repeat the week of training, using the same exercise selection you did the previous week in order to track progress.

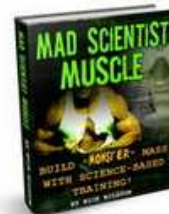
CONCLUSION:

This style of training can be used by just about everybody - total beginners should stick with a lower-volume approach, though, but once you've got a few months of training under your belt, this is a GREAT way to go. It's also extremely effective for even very advanced trainers as it provides a very trackable framework for increasing weights and increase training density and volume.

More advanced trainers will also benefit by selecting more advanced exercises (such as stiff-legged deadlifts, front squats, etc.) to push the results. You're never doing "endurance" type training so you're always working the muscle-and-strength oriented muscle fibers, even when using lighter weights.

Honestly, it's a great system that can be used for ANY level and is compatible with just about ANY training goal! I use this system in my Metabolic Surge - Rapid Fat Loss program AND in my Mad Scientist Muscle program.

Click here to learn more about how the full "Mad Scientist Muscle" program uses Time/Volume Training AND targeted nutrition to maximize muscle growth!



Nick Nilsson - Bio

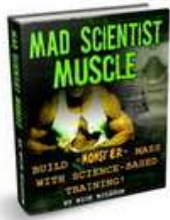
Nick is well-known for his unique "outside the box" approach to training. Making use of his degree in Physical Education (covering advanced biomechanics, kinesiology, physiology, and anatomy), Nick delivers constant innovation, extraordinary new exercises, and mind-blowing training techniques to his readers on a regular basis.

As a certified personal trainer and owner of several training and fitness websites, Nick has helped thousands of people achieve the results they want, especially when nothing else seems to do the trick. Flying in the face of "conventional wisdom" is one of the things he does best!

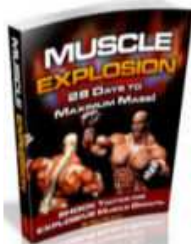
Nick's articles have been published in such popular magazines and websites as Men's Fitness, Muscle & Fitness, Muscle & Fitness Hers, Reps!, Bodybuilding.com, Maxim, Real Solutions, and many more.

His books include:

- Metabolic Surge - Rapid Fat Loss
- Muscle Explosion - 28 Days To Maximum Mass!
- Mad Scientist Muscle
- The Best Exercises You've Never Heard Of (series of 4 books)
- Gluteus to the Maximus - Build a Bigger Butt NOW!
- Hybrid Training
- Specialization Training



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