

TIME-VOLUME TRAINING

SAMPLE WORKOUTS



By Nick Nilsson

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4 Time-Volume Training Workouts

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.

In this free book, I've got workouts covering 4 major targets of Time-Volume Training...hypertrophy training (muscle growth), strength training, bodyweight training and specialization training. Give each of these workouts a try...they'll give you a great idea of what the full Time-Volume Training method can do for you!

[1. Bodyweight TVT Workout - 5-3-1 Bodyweight Training](#)

[2. Hypertrophy TVT Workout - Closed-Chain Open-Chain Time-Volume Training for Chest](#)

[3. Strength TVT Workout - Countdown Time-Volume Training for Squats](#)

[4. Specialization TVT Workout - In-Set Superset Time-Volume Training Arm Obliteration](#)

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.

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.

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).

In-Set Superset Time-Volume Training Arm Obliteration



What if I told you that you've doing it wrong for YEARS, leaving inches of mass on the table by working your biceps and triceps TOO hard...

I've got the solution for you and it involves NOT lifting heavy or doing insane intensity techniques. Heavy training and intensity techniques have their place, but if you do them ALL the time, you're NEVER going to build the big, thick, sleeve-stretching arms you want.

The method is called "Time-Volume Training Arm Obliteration" and it will put inches on your arms FAST, using light to moderate weights and NO gut-wrenching intensity techniques.



The In-Set Superset TVT Arm Obliteration Workout

This workout is going to cover all three of your primary upper arm muscles for maximum growth stimulation...the biceps, the triceps and brachialis.

You're going to be working each muscle using a specific form of Time-Volume Training that I call an In-Set Superset...alternating reps of two different exercises for the same muscle within the same set.

1. Biceps Block - 15 Minutes of Curls and Chin-Ups

For this block you will start by performing a single rep of standard barbell curls (or dumbbell curls, or whatever you have available to do curls with)...





Then you'll do a single rep of bicep-focused chin-ups. Keep your body as vertical as possible and pull your face close in to the bar as you come up. If you're not strong enough to do chin-ups for this, you can use pulldowns instead, using the same general idea (torso vertical, pulling the bar down close to your face).





Then perform another single rep of the curl.





Then rest 10 seconds...then repeat...and keep repeating.

If and when you get to the point where you'd have to really push or struggle to complete this 3-rep set, increase the rest to 20 seconds.

Instead of changing weights, we're adding rest. Now just keep going with this pattern, taking 20 seconds rest in between sets.

If you reach that point of nearing failure again in the block, increase rest to 30 seconds...then 40 seconds. Continue in this fashion for a full 15 minutes.

Make sure you're using PERFECT form for the curl...no swinging, no body movement, with a strong focus on muscle contraction at the top.

With the curl, go lighter than you think you'll need to, especially the first time you do this workout. I'm using just an empty 45 lb bar...the workload will start catching up to you FAST, especially when you add in the reps of a full bodyweight exercise like the chin-up.

If you can make it 5 minutes (1/3 of the time block) on 10 seconds rest, then you can increase the weight on the curls the NEXT time you perform the workout.

This is known as "earning your load" and it ensures you NEVER start using weights that are too heavy, too fast, which is one of the common ways guys unwittingly sabotage their arm growth.

If you don't have a rack or prefer not to take up a rack for curling, you can also set the bar on the end of a bench, underneath the chin-up bar for easy access. Or you can simply pick the bar up off the ground, though this does lengthen the rest time in between reps.



2. Triceps Block - 15 Minutes of Close-Grip Push-Ups and Bodyweight Tricep Extensions

Once you've finished with biceps, get set up for your triceps block. The time it takes to get set up should be only a minute or two.

Both of these exercises are bodyweight exercises, though you can do a free weight version instead using a barbell or pair of dumbbells, alternating close grip bench press and lying tricep extensions. The movements will be essentially the same, though I find the bodyweight tricep extension to be MUCH more effective than the lying tricep extension done with free weight.

For the demo, I'm using a bar set on the rails of the rack, about 2 feet off the ground. The lower you set the bar, the harder the exercises will be.

Perform a close-grip push-up.



When you come back up to the top, you'll then perform a bodyweight tricep extension, ducking your head under the bar in a tricep extension pattern. Keep your elbows tucked in and don't let them flare out to the sides.



Then perform another close-grip push-up. Like with the bicep combination, we're sandwiching the more difficult exercise in between reps of the "easier" exercise.



This block will be done exactly like the bicep block, taking 10 seconds rest in between sets...then 20, then 30, if necessary, for the full 15 minutes.

If you don't have access to a setup like this, you can also use a Smith machine bar, or just about anything that you can set your hands on that's a few feet off the ground, like a bench or chair.



As before, make sure you keep your form tight so that you're loading the triceps.

3. Brachialis Block - 10 Minutes of Reverse Curls and Reverse-Grip Chin-Ups

Next, we move onto the brachialis. You can use pretty much the exact same setup as you used for biceps...I'm even using the same empty bar for this. We're doing just 10 minutes for this muscle, since it is a smaller muscle and the general movement patterns (curls and chins) already got worked with the biceps.

When doing reverse curls, make sure you're using NO momentum to get the bar moving.

A trick that I like to use to ensure this exercise works the target muscles is to grip the bar, then externally rotate your shoulders (turn them outwards) so that the insides of your elbows are facing forwards...then curl up.

I prefer and recommend using a barbell over dumbbells for reverse curls. It's much more effective to lock your hands down onto the bar without the freedom of movement of dumbbells. With dumbbells, it's harder to maintain that full "palms down" hand position as you come to the top (i.e. pronation), decreasing the effectiveness of the work on the brachialis.

The brachialis is the "hidden gem" muscle of the upper arms...and working it like this can unlock some serious arm size for you, especially since it's so rarely worked and/or worked effectively. When you develop your brachialis, it pushes your biceps up from underneath, making them look bigger and with a higher peak.





Set the bar down then grip with an overhand grip on the chin-up bar and perform a reverse-grip chin.





Then perform another rep of the reverse curl.

A trick that I like to use to ensure this exercise works the target muscles is to grip the bar, then externally rotate your shoulders (turn them outwards) so that the insides of your elbows are facing forwards...then curl up.





Now take 10 seconds rest, repeating this pattern for the entire 10 minute block. Again, if you approach failure on any set, go to 20 seconds rest...then 30.

If you don't have a rack, or don't want to take up a rack for curls, you can use the bar on bench setup, as above, or just pick it up from the floor.

Performing the Full Workout

When you perform this workout, it will take about 45 minutes, all told. The weights you're using are light enough that you won't need a substantial warm-up, so you can pretty much get right into it. And you'll take minimal rest time in between exercise blocks.

Again, you'll do 15 minutes for biceps, 15 minutes for triceps and 10 minutes for brachialis.

This workout will pile mass on your upper arms without using heavy, form-busting weights or gut-wrenching intensity techniques.

And even though you're using lighter weights and exercises well within your capabilities, this amount of volume and overload will **OBLITERATE** your arm muscles... I would recommend using this workout no more than once a week.

Increase your weights only when you **EARN** the increase with performance during the workout (the 1/3 rule) and you will build BIGGER, THICKER arms like clockwork!

Conclusion

THAT is just a small sample of what you can do with Time-Volume Training. The benefits of this style of training and many...but it all comes down to RESULTS. And when you use TVT with consistency, you WILL get results.

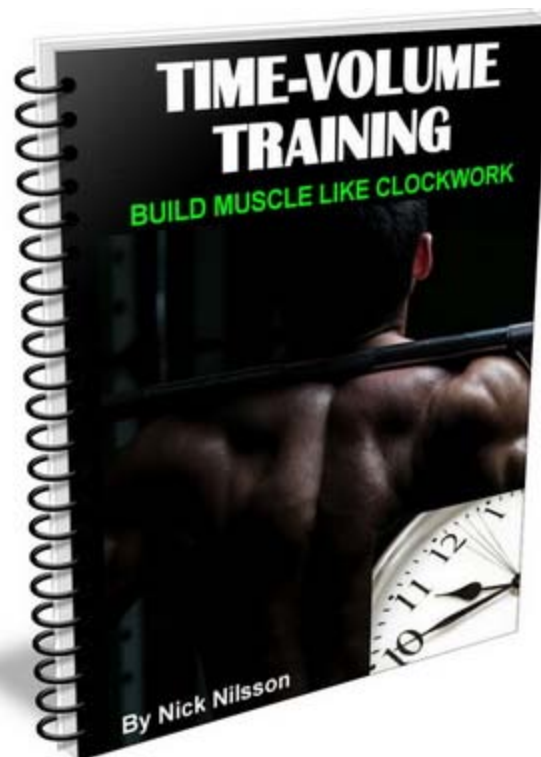
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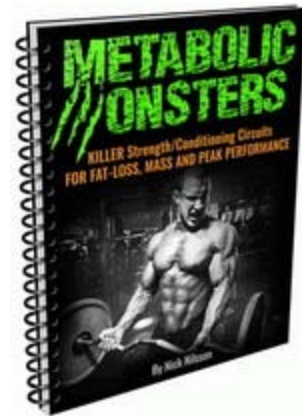
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