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**The Five Rules of  
High-Intensity  
Workouts For Fat**

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**Loss and ...**

Poliquin began working as a strength coach while he was in graduate school in Canada. He helped popularize German Volume Training. In the late 1990s, Poliquin founded Poliquin Performance, opening the first Poliquin Performance Center in Phoenix,

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Arizona in 2001, and  
the Poliquin Strength  
Institute in East  
Greenwich, Rhode  
Island in 2009.

**Using German body  
composition training  
for structural ...**

The German Body  
Comp Program is a  
fat-torching workout  
based on the  
groundbreaking

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German Body  
Comp  
research of the  
Romanian scientist  
Hala Rambie. Rambie  
defected from  
Romania to West  
Germany, which is  
how the German  
Body Composition  
Workout Routine gets  
its name.

## **German Body Composition Training – Physical**

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**Culture Study**  
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One program that we have found to be extremely effective is Charles Poliquin's German Body Comp for Athletes program. It's a progression on the original German Body Comp (or GBC) program, which is a fat-loss program designed for the general population



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with emphasis on full-body training session that use big movements, high reps and short rest periods.

## **Charles Poliquin - Wikipedia**

Using German body composition training for structural balance and fat loss Here is a method I used to use

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a lot with clients back in the day when I used to work as a PT. I originally learnt this method from strength coach Charles Poliquin.

## **Advanced German Body Comp Workout Plan | Exercise.com**

I have created a workout for you to try.

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This workout is for the ladies with little experience in the gym. The exercises are more basic, and I have included some remedial exercises too. It is very ...

**The German body  
comp program:  
Burn fat and build  
muscle on ...**

Learn more about

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Charles Poliquin 's  
diet, workout,  
supplements and  
lifestyle choices. ...  
whey protein in  
particular, but whole  
foods affect the body  
differently and  
Poliquin  
recommended his  
athletes not depend  
too much on  
convenience foods.  
Estimated Macros.

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Low ... German Body  
Comp Program. GET  
IT HERE. Poliquin  
Principles. GET IT  
HERE. Manly ...

## **German Body Comp Training - Coconuts & Kettlebells**

The Five Rules of  
High-Intensity  
Workouts For Fat  
Loss and a Killer  
Physique. By Poliquin

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German Body  
Group™ Editorial Staff.

... German Body  
Comp (GBC) is a  
modified form of HIIT  
that is appropriate for  
beginning trainees  
who want to lose fat  
fast. It allows you to  
perfect exercise  
technique and  
achieve base levels of  
strength so that you  
can progress ...

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**strengthandbody.com**

Now some people might have this confused with German Volume Training which is another great training system that Charles Poliquin has written about and has been popular in weight training circles for many years. This

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Comp  
system is set up so  
that one major  
exercise is performed  
per muscle group for  
10 sets and  
alternating sets with  
another exercise eg.

## **How To Turn Fat Into Muscle - German Body Comp Training ...**

The goal of any  
German Body Comp



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style routine  
programming is  
simply to encourage  
the release of  
massive amounts of  
natural Human  
Growth Hormone in  
the body by  
stimulating lactic acid  
buildup in the muscles  
while working out.  
Charles Poliquin, the  
Romanian scientist  
Hala Rambie, and

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others have  
postulated that  
intense sessions of  
weight ...

## **A Bowlful of Jelly | T Nation**

But it has become a  
popular saying. What  
it REALLY means is  
to lose body fat while  
retaining and/or  
gaining muscle mass.  
In this article I would

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like to share the basics of a training protocol advocated by Charles Poliquin and many other bodybuilding gurus called German Body Composition (GBC). GBC uses weight training for fat loss.

**Charles Poliquin**  
**German Body Comp**

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Faster Fat Loss with  
Escalating Velocity  
Body Comp Training.  
... This method is  
called “Escalating  
Velocity Body Comp  
Training,” or  
Escalating Velocity  
BCT. The German  
Body Comp (GBC)  
program is based  
upon pioneering  
research by Hala  
Rambie, a Romanian

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exercise scientist who  
defected to West  
Germany. ...

## **Charles Poliquin's Workout Routine, Supplement Choices**

...

Utilising the above,  
Poliquin created the  
'German Body  
Composition' training  
that people have been  
using over the past

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two decades. In a nutshell, his approach can be summarised as follows periods of relatively heavy weight training, with short rest and long interval times.

## **Utilizing German Body Training!**

by Charles Poliquin |  
08/15/05. ... This  
method is called the

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# "German Body Composition"

program, or GBC for short. While many people in the field—TC included—have professed skepticism that the exercise induced GH release was sufficient enough to cause significant fat burning, my personal experience with scores of athletes

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confirms the ...

**German Body Comp  
Workout Plan |  
Exercise.com**

Instead, I use a modified version of something Charles Poliquin calls "The German Body Comp Program." The entire program can be capsulized in one sentence: keep your



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rep ranges high and your rest intervals short. If you ask Charles about it, he'll tell you that there's a direct relationship between lactate and growth hormone.

## **Lactic Acid Training for Fat Loss | T Nation**

German Body Comp  
is a style of lifting in

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Comp  
which you do specific exercises paired in sets (usually one upper body exercise and one lower body exercise) and perform higher repetitions (12-15) with shorter rest periods. German Body Comp is so effective because of its ability to increase lactic acid production.

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**German Body Comp  
for the Ladies**

The Woman  
Incredible Fat Loss  
Workouts ... This is  
one of my all time  
favourite programs,  
and is an advanced  
form of Charles  
Poliquin's German  
Body Comp. This is a  
program I have used  
personall in my own  
workouts when I need

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Comp  
to get ripped! You do  
need to have the base  
of lean

## **Program Review: German Body Comp for Athletes - All ...**

It's the German Body  
Comp Program, and it  
was designed by  
Charles Poliquin. A  
native of Ottawa,  
Ontario, in Canada,  
Poliquin has

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developed

conditioning programs  
for more than 400  
Olympians and  
countless professional  
hockey, baseball,  
football and  
basketball players.

**German Body Comp  
Program | Iron Man  
Magazine**

Charles Poliquin's  
German Body

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Composition Workout  
Poliquin states, "Short rest intervals lead to an increased production of lactate, and an increase in lactate leads to dramatic increases in Growth Hormone, thus resulting in very significant losses of body fat.

**Faster Fat Loss with**

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**Escalating Velocity  
Body Comp Training**

The German body comp program: Burn fat and build muscle on the only program that uses weight training for weight loss [Charles Poliquin] on Amazon.com.  
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