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# Charles Poliquin German Body Comp

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impossible. The closest thing you can do is use the Authors dropdown in the navigation bar to browse by authors—and even then, you'll have to get used to the terrible user interface of the site overall.

## **Charles Poliquin**

### **German Body Comp**

Charles Poliquin's  
German Body  
Composition Workout .  
Poliquin states, "Short

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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.

**strengthandbody.com**

The German body comp program: Burn fat and build muscle on the only program that

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uses weight training for  
weight loss Paperback  
- January 1, 2004 by  
Charles Poliquin  
(Author)

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

Which is what Charles  
Poliquin did when he  
took advantage of the  
relationship between  
lactate and Human  
Growth Hormone to  
create German Body

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#### Composition Training.

The first origins of inspiration for this method were sourced from Hala Rambie.

### **German Body Composition Training: The What, Why and How**

On a similar note, GBC was popularised by Charles Poliquin in the s after. For those who aren't familiar with German Body Composition Training

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the brain -child of world famous strength coach Charles Poliquin. German Body Comp Program. Charles Poliquin Explores His Weight-Training Program Designed to Burn Fat Without Aerobics.

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The solution: German Body Comp Burst workouts. To recap, GBC training works by stimulating the release of growth hormone, a biochemical produced naturally in the body that helps regulate bodyfat. GBC workouts use multi-joint exercises performed for higher reps and shorter rest intervals.

**Fat Loss in a Hurry**

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**with GBC Burst  
Training | Poliquin  
Article**

The German Body Comp program is unquestionably one of the most popular and effective methods to lose fat without compromising muscle. By adjusting the GBC method slightly to use tri-sets and varying the tempo of the exercises, you can get even more impressive results.

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**Faster Fat Loss with  
Escalating Velocity  
Body Comp ...**

Gary Roberts, NHL player—Roberts credits Poliquin with having helped him make a successful return to the NHL after 2 of his previous return attempts failed due to physical injury. Books. The Poliquin Principles - 1997, 2006; The German Body Comp Program - 1997, 2005; Manly Weight Loss -

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1998; Modern Trends  
in Strength Training -  
2000, 2001, 2005

## **Charles Poliquin - Wikipedia**

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

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was sufficient enough to cause significant fat burning, my personal experience with scores of athletes confirms the ...

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

Instead, I use a modified version of something Charles Poliquin calls "The German Body Comp Program." The entire program can be

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capsulized in one sentence: keep your 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.

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

This is a decent overview of the science behind the German Body Composition

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(GBC) training protocols. For the reader who has some background in weightlifting, it is a good text, but I would not recommend it for someone who is a relative novice to the gym world. ... Charles R Poliquin. 4.6 out of 5 stars 134. Kindle Edition. 1 offer from \$9.97 ...

**Amazon.com:**  
**German Body Comp**



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**Program eBook:**

**Group ...**

Utilising the above, Poliquin created the 'German Body Composition' training that people have been using over the past two decades. In a nut shell, his approach can be summarised as follows periods of relatively heavy weight training, with short rest and long interval times.

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**Composition**

**Training - Physical  
Culture Study**

Sprints, HIT, Tabata,  
Metabolic, AMRAP,  
German Body Comp, or  
Death Circuits:

Whatever it's called,  
everyone knows that  
high-intensity training  
is a superb way to lose  
fat and get lean. Done  
properly, these  
workouts are short but  
intense, providing  
numerous benefits for  
your efforts:

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**Super Fat Loss  
Workouts That Will  
Make ... - Poliquin  
Group**

The workout below is based on the principles of Charles Poliquin's German Body Comp training. Each exercise should be performed utilizing tempo training which will increase the intensity of the movement (in other words, make it harder!) In short, you'll see four

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numbers beside each lift that mean the following:

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

He helped popularize the German Volume Training technique and trained elite athletes in 23+ different sports, including for the Olympics, the NFL and the NHL and authored 8 books on health and fitness. He was 5 feet,

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9 inches tall and weighed about 180 lbs. Poliquin passed away in 2018.

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

...

For those who aren't familiar with German Body Composition Training (GBC) it was actually the brain-child of world famous strength coach Charles Poliquin. After reading

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about this style of training I was re-motivated to get back in the gym with a new workout plan and unbeknown to me then on the path to some of my greatest workouts ever!

**Utilizing German  
Body Training! -  
Bodybuilding.com**

Poliquin died on September 26, 2018 at the age of 57. The cause of death has not

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been made public. A tribute to Poliquin on a weightlifting website to which he was a contributor indicated he died of a heart attack. Poliquin is survived by his daughter. Death

## **Charles Poliquin - Wikipedia**

The German body comp program: Burn fat and build muscle on the only program from the world's foremost

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strength coach

[Charles Poliquin] on

Okay, you can lift  
weights together.

Thirdly, my motivation  
for training went  
through the roof.

Bodybuilding All 24

Training 24 View all.

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