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**FROM GREG MANGAN**

Called by many the "world's fastest body-building system," the VRT Body Building System will help you pack on muscles in as little as 15 minutes a day. This unique system makes your body into a complete fitness workout station. Absolutely no weights or equipment needed.

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VRT test

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douglis 
 Senior Member



Join Date: **Dec 2008**
 Location: **Greece**
 Posts: **165**

Yesterday, 09:48 AM

After more than 2 years of VRT only I want to start an experiment(see daily workout) so I'll give VRT a break for three months. Since I haven't performed any weight lifting exercise for the last three years I thought it's the right time to test my strenght and the VRT carryover. Here are the results:

Military press: 176 pounds: 2006-8 reps... today-12 reps!!!
 Barbell rows 187 pounds: 2006-8 reps... today-9 reps.
 Biceps curls 90 pounds: 2006-8 reps... today-10 reps.
 BW pull-ups: 2006-20 reps... today-19 reps (but I'm also 23 pounds heavier)
 Squats(ass to grass): 286 pounds: 2006-10 reps... today-9 reps

I'm really surprised that I got stronger at most exercises without performing them for three years. As you can see the more complex the move the less the carryover since specificity and technique play a bigger role.

JoeJustice 
 Legacy Member



Join Date: **Apr 2008**
 Location: **West Virginia**
 Posts: **1,059**

Yesterday, 09:55 AM

Wow, that's awesome, Douglis!

Do you do VRT that mimics these lifts in particular?

-Joe

My Transformation log:
<http://www.transformetrics.com/forum...read.php?t=100>

VRT Man 
 Author



Join Date: **Apr 2008**
 Location: **Southeastern Wisconsin**
 Posts: **185**

Yesterday, 10:06 AM

Thank you, Douglis, for this test. To me, this test is proof positive that VRT by itself will increase strength levels or at least keep them virtually the same, without any weights or any other dynamic resistance equipment. Now watch, I'm gonna get my ass kicked on other forums. Joe, if you're not doing VRT, by all means give it a try! 😄 😊

--Greg Mangan

Last edited by VRT Man; Yesterday at 01:00 PM.


 QUOTE

MikeNY
 Senior Member


 QUOTE

 Join Date: **Apr 2008**
 Posts: **1,075**

Yesterday, 10:18 AM

Douglis great results! VRT is superior to weights in vitally important area! That is VRT does not damage your joints, spine or bones like weights do. Greg Mangan has created a revolutionary system, all the benefits of weight lifting except no injuries! You get the strength, look and get it at no cost, all you lose is the damage. VRT is the tops!

JoeJustice
 Legacy Member


 QUOTE

 Join Date: **Apr 2008**
 Location: **West Virginia**
 Posts: **1,059**

Yesterday, 10:19 AM

Quote:

Originally Posted by [VRT Man](#)
Now watch, I'm gonna get my ass kicked on other forums.

Only if you count chihuahua biting your ankles as getting your ass kicked 😊😬

I've been doing a lot of VRT lately! In my workout thread I have been posting my primary routine, which is just a series of push-ups and pull-ups I do three days a week. On my "off" days I actually do a medley of DVR and VRT moves along with a few other things like sit-ups and squats. I've REALLY been enjoying this "routine" because I get the structure of the three days a week set of exercises where I can test my progress while at the same doing just doing what I feel like doing throughout the week too.

Anyhow... I'm hijacking Douglis's thread!

-Joe

My Transformation log:
<http://www.transformetrics.com/forum...read.php?t=100>

douglis
 Senior Member


 QUOTE

 Join Date: **Dec 2008**
 Location: **Greece**
 Posts: **165**

Today, 01:00 AM

Thanks guys.

Yes Joe, these were pretty much the VRT exercises I was doing and these were the weights I used to lift the last weeks of my weight lifting days three years ago.

Yesterday I also checked bench press with 264 pounds and from 6 reps the 2006 I went to 8. This must be a carryover from DVR push-ups because the last year I only did VRT flies.

Now that I gave it a second thought the slight loss of strength at squat must be from my injured knees.


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