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Program: GBC 2

Phase: Accumulation 2

Date: Jul 30, 2018

Workout: Full Body 1

Workout 0:43:52 - 0:48:14

**A1 Squat - Heels Elevated**

| Session | Sets | Reps | Tempo   | Rest | Opt     |    |    |    |    | Opt |    |    |    |     |  |
|---------|------|------|---------|------|---------|----|----|----|----|-----|----|----|----|-----|--|
|         |      |      |         |      | s1      | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |  |
| 1       | 4    | 6-8  | 4-0-1-0 | 15   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 2       | 4    | 6-8  | 4-0-1-0 | 15   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 3       | 4    | 6-8  | 4-0-1-0 | 15   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 4       | 4    | 6-8  | 4-0-1-0 | 15   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |

**A2 Lunge - Alternating**

| Session | Sets | Reps  | Tempo   | Rest | Opt Dumbbell |    |    |    |    | Opt |    |    |    |     |  |
|---------|------|-------|---------|------|--------------|----|----|----|----|-----|----|----|----|-----|--|
|         |      |       |         |      | s1           | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |  |
| 1       | 4    | 10-12 | 1-0-1-0 | 120  | weight:      |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:        |    |    |    |    |     |    |    |    |     |  |
| 2       | 4    | 10-12 | 1-0-1-0 | 120  | weight:      |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:        |    |    |    |    |     |    |    |    |     |  |
| 3       | 4    | 10-12 | 1-0-1-0 | 120  | weight:      |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:        |    |    |    |    |     |    |    |    |     |  |
| 4       | 4    | 10-12 | 1-0-1-0 | 120  | weight:      |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:        |    |    |    |    |     |    |    |    |     |  |

**B1 Shoulder Press - Standing -Pronated**

| Session | Sets | Reps | Tempo   | Rest | Opt Barbell |    |    |    |    | Opt |    |    |    |     |  |
|---------|------|------|---------|------|-------------|----|----|----|----|-----|----|----|----|-----|--|
|         |      |      |         |      | s1          | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |  |
| 1       | 4    | 6-8  | 4-0-1-0 | 15   | weight:     |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:       |    |    |    |    |     |    |    |    |     |  |
| 2       | 4    | 6-8  | 4-0-1-0 | 15   | weight:     |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:       |    |    |    |    |     |    |    |    |     |  |
| 3       | 4    | 6-8  | 4-0-1-0 | 15   | weight:     |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:       |    |    |    |    |     |    |    |    |     |  |
| 4       | 4    | 6-8  | 4-0-1-0 | 15   | weight:     |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:       |    |    |    |    |     |    |    |    |     |  |

**B2 Lateral Raise - Standing**

| Session | Sets | Reps  | Tempo   | Rest | Opt     |    |    |    |    | Opt |    |    |    |     |  |
|---------|------|-------|---------|------|---------|----|----|----|----|-----|----|----|----|-----|--|
|         |      |       |         |      | s1      | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |  |
| 1       | 4    | 10-12 | 2-0-1-0 | 120  | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 2       | 4    | 10-12 | 2-0-1-0 | 120  | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 3       | 4    | 10-12 | 2-0-1-0 | 120  | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 4       | 4    | 10-12 | 2-0-1-0 | 120  | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |       |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |

**C1 Split Squat - Back Foot Elevated**

| Session | Sets | Reps | Tempo   | Rest | Opt     |    |    |    |    | Opt |    |    |    |     |  |
|---------|------|------|---------|------|---------|----|----|----|----|-----|----|----|----|-----|--|
|         |      |      |         |      | s1      | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |  |
| 1       | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 2       | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 3       | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |
| 4       | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |  |
|         |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |  |

| C2 Goblet Squat |      |       |         |      | Opt Kettlebell |    |    |    |    | Opt Unilateral |    |    |    |     |
|-----------------|------|-------|---------|------|----------------|----|----|----|----|----------------|----|----|----|-----|
| Session         | Sets | Reps  | Tempo   | Rest | s1             | s2 | s3 | s4 | s5 | s6             | s7 | s8 | s9 | s10 |
| 1               | 3    | 12-15 | 2-0-1-0 | 90   | weight:        |    |    |    |    |                |    |    |    |     |
|                 |      |       |         |      | reps:          |    |    |    |    |                |    |    |    |     |
| 2               | 3    | 12-15 | 2-0-1-0 | 90   | weight:        |    |    |    |    |                |    |    |    |     |
|                 |      |       |         |      | reps:          |    |    |    |    |                |    |    |    |     |
| 3               | 3    | 12-15 | 2-0-1-0 | 90   | weight:        |    |    |    |    |                |    |    |    |     |
|                 |      |       |         |      | reps:          |    |    |    |    |                |    |    |    |     |
| 4               | 3    | 12-15 | 2-0-1-0 | 90   | weight:        |    |    |    |    |                |    |    |    |     |
|                 |      |       |         |      | reps:          |    |    |    |    |                |    |    |    |     |

| D1 Dumbbell Press - Flat - Neutral |      |      |         |      | Opt     |    |    |    |    | Opt |    |    |    |     |
|------------------------------------|------|------|---------|------|---------|----|----|----|----|-----|----|----|----|-----|
| Session                            | Sets | Reps | Tempo   | Rest | s1      | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |
| 1                                  | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |
|                                    |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |
| 2                                  | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |
|                                    |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |
| 3                                  | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |
|                                    |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |
| 4                                  | 3    | 6-8  | 3-0-1-0 | 10   | weight: |    |    |    |    |     |    |    |    |     |
|                                    |      |      |         |      | reps:   |    |    |    |    |     |    |    |    |     |

| D2 French Press - Standing - Close Grip - Semi-pronated |      |       |         |      | Opt EZ Bar |    |    |    |    | Opt |    |    |    |     |
|---|------|-------|---------|------|------------|----|----|----|----|-----|----|----|----|-----|
| Session   | Sets | Reps  | Tempo   | Rest | s1         | s2 | s3 | s4 | s5 | s6  | s7 | s8 | s9 | s10 |
| 1   | 3    | 12-15 | 2-0-1-0 | 90   | weight:    |    |    |    |    |     |    |    |    |     |
|   |      |       |         |      | reps:      |    |    |    |    |     |    |    |    |     |
| 2   | 3    | 12-15 | 2-0-1-0 | 90   | weight:    |    |    |    |    |     |    |    |    |     |
|   |      |       |         |      | reps:      |    |    |    |    |     |    |    |    |     |
| 3   | 3    | 12-15 | 2-0-1-0 | 90   | weight:    |    |    |    |    |     |    |    |    |     |
|   |      |       |         |      | reps:      |    |    |    |    |     |    |    |    |     |
| 4   | 3    | 12-15 | 2-0-1-0 | 90   | weight:    |    |    |    |    |     |    |    |    |     |
|   |      |       |         |      | reps:      |    |    |    |    |     |    |    |    |     |