

Name: Courtney Franklin

Program: GBC 2

Phase: Accumulation 2

Date: Jul 30, 2018

Workout: Full Body 2

Workout 0:41:15 - 0:44:54

A1 Deadlift - Rack - Clean Grip					Opt Below the Knee Opt									
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	6-8	2-1-1-0	15	weight:									
					reps:									
2	4	6-8	2-1-1-0	15	weight:									
					reps:									
3	4	6-8	2-1-1-0	15	weight:									
					reps:									
4	4	6-8	2-1-1-0	15	weight:									
					reps:									

A2 Leg Curl - Lying - Feet Neutral - Dorsiflexed					Opt Dumbbell Opt									
Session	Sets	Reps	Tempo	Rest	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:									

B1 Row - Bent-over - Medium Grip - Supinated					Opt Barbell Opt									
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	6-8	3-0-1-1	15	weight:									
					reps:									
2	4	6-8	3-0-1-1	15	weight:									
					reps:									
3	4	6-8	3-0-1-1	15	weight:									
					reps:									
4	4	6-8	3-0-1-1	15	weight:									
					reps:									

B2 Row - Pronating					Opt TRX Opt									
Session	Sets	Reps	Tempo	Rest	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 Deadlift - Romanian - Clean Grip					Opt Dumbbell Opt Unilateral									
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	3	6-8	3-0-1-0	15	weight:									
					reps:									
2	3	6-8	3-0-1-0	15	weight:									
					reps:									
3	3	6-8	3-0-1-0	15	weight:									
					reps:									
4	3	6-8	3-0-1-0	15	weight:									
					reps:									

C2 Hip Extension - Supine					Opt Barbell					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:									

D1 Curl - Standing - Medium Grip - Neutral					Opt Dumbbell					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 Med Ball - Slam					Opt					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	3	12-15	X-X-X-X	90	weight:									
					reps:									
2	3	12-15	X-X-X-X	90	weight:									
					reps:									
3	3	12-15	X-X-X-X	90	weight:									
					reps:									
4	3	12-15	X-X-X-X	90	weight:									
					reps:									

Remarks

D1: Thumbs outside of handle