

Name: Andy Nunez-GBC

Program: GBC 2019 - Feb.

Phase: Accumulation 1

Date: Feb 04, 2019

Workout: Full Body 1

Workout 0:42:40 - 0:46:56

A1 Goodmorning - Standing - Wide Stance

Opt Barbell

Opt

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										
2	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										
3	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										
4	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										
5	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										
6	4	8,8,6,6	3-1-1-0	30	weight:										
					reps:										

A2 Shoulder Press - Seated - Pronating

Opt Dumbbell

Opt

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										
2	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										
3	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										
4	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										
5	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										
6	4	8,8,6,6	4-0-1-0	75	weight:										
					reps:										

B1 Lunge - Drop

Opt

Opt

Dumbbell

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	6-8	2-0-1-0	30	weight:										
					reps:										
2	4	6-8	2-0-1-0	30	weight:										
					reps:										
3	4	6-8	2-0-1-0	30	weight:										
					reps:										
4	4	6-8	2-0-1-0	30	weight:										
					reps:										
5	4	6-8	2-0-1-0	30	weight:										
					reps:										
6	4	6-8	2-0-1-0	30	weight:										
					reps:										

B2 Row - Bent-over - Elbow Out - Pronated - One-arm					Opt Unilateral		Opt Dumbbell							
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	6-8	3-0-1-1	75	weight:									
					reps:									
2	4	6-8	3-0-1-1	75	weight:									
					reps:									
3	4	6-8	3-0-1-1	75	weight:									
					reps:									
4	4	6-8	3-0-1-1	75	weight:									
					reps:									
5	4	6-8	3-0-1-1	75	weight:									
					reps:									
6	4	6-8	3-0-1-1	75	weight:									
					reps:									

C1 Hip Extension - Supine					Opt Barbell		Opt							
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8-10	2-0-1-1	15	weight:									
					reps:									
2	4	8-10	2-0-1-1	15	weight:									
					reps:									
3	4	8-10	2-0-1-1	15	weight:									
					reps:									
4	4	8-10	2-0-1-1	15	weight:									
					reps:									
5	4	8-10	2-0-1-1	15	weight:									
					reps:									
6	4	8-10	2-0-1-1	15	weight:									
					reps:									

C2 Lateral Raise - Standing					Opt Dumbbell		Opt							
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8-10	3-0-1-0	45	weight:									
					reps:									
2	4	8-10	3-0-1-0	45	weight:									
					reps:									
3	4	8-10	3-0-1-0	45	weight:									
					reps:									
4	4	8-10	3-0-1-0	45	weight:									
					reps:									
5	4	8-10	3-0-1-0	45	weight:									
					reps:									
6	4	8-10	3-0-1-0	45	weight:									
					reps:									

D1 Triceps Extension - Flat - Medium Grip - Pronating					Opt Dumbbell		Opt							
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	10-12	3-0-1-0	15	weight:									
					reps:									
2	4	10-12	3-0-1-0	15	weight:									
					reps:									
3	4	10-12	3-0-1-0	15	weight:									
					reps:									
4	4	10-12	3-0-1-0	15	weight:									
					reps:									
5	4	10-12	3-0-1-0	15	weight:									
					reps:									
6	4	10-12	3-0-1-0	15	weight:									
					reps:									

D2 Curl - Standing - Offset					Opt Dumbbell Opt									
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	10-12	3-0-1-0	45	weight:									
					reps:									
2	4	10-12	3-0-1-0	45	weight:									
					reps:									
3	4	10-12	3-0-1-0	45	weight:									
					reps:									
4	4	10-12	3-0-1-0	45	weight:									
					reps:									
5	4	10-12	3-0-1-0	45	weight:									
					reps:									
6	4	10-12	3-0-1-0	45	weight:									
					reps:									

Remarks

A2 & B2: Reduce rest time by 10 sec. each week

C2 & D2: Reduce rest time by 5 sec. each week

D1: On Floor (start/end in neutral position)

D2: Start neutral end Supinated (Thumb & Index finger touching DB plate)