

Name: Andy Nunez-GBC

Program: GBC 2019 - Feb.

Phase: Accumulation 1

Date: Feb 04, 2019

Workout: Full Body 2

Workout 0:41:44 - 0:45:20

A1 Squat					Opt Barbell 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	30	weight:									
					reps:									
2	4	8,8,6,6	4-0-1-0	30	weight:									
					reps:									
3	4	8,8,6,6	4-0-1-0	30	weight:									
					reps:									
4	4	8,8,6,6	4-0-1-0	30	weight:									
					reps:									
5	4	8,8,6,6	4-0-1-0	30	weight:									
					reps:									
6	4	8,8,6,6	4-0-1-0	30	weight:									
					reps:									

A2 Dumbbell Press - Flat - Neutral					Opt 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 Step-up - Side					Opt Dumbbell Opt									
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 - Wide Grip - Pronated					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	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 Goblet Squat					Opt Dumbbell					Opt Kettlebell				
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:									

C2 Fly - Flat - Neutral					Opt					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:									

D1 Pulldown - Straight-arm - Medium Grip - Neutral					Opt Bands					Opt 1 ¼ Rep				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	10-12	2-0-1-1	15	weight:									
					reps:									
2	4	10-12	2-0-1-1	15	weight:									
					reps:									
3	4	10-12	2-0-1-1	15	weight:									
					reps:									
4	4	10-12	2-0-1-1	15	weight:									
					reps:									
5	4	10-12	2-0-1-1	15	weight:									
					reps:									
6	4	10-12	2-0-1-1	15	weight:									
					reps:									

D2 Front Raise - Standing - Medium Grip - Pronated					Opt EZ Bar					Opt Straight Bar				
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

C1: Narrow Stance

D1: 1/4 rep on bottom