

Name: Andy Nunez

Program: GBC 2019

Phase: Accumulation 1

Date: Jan 07, 2019

Workout: Full Body 1

Workout 0:38:24 - 0:42:18

**A1 Deadlift - Snatch Grip**

Opt Barbell

Opt

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	9-11	3-0-1-0	45	weight:										
					reps:										
2	4	9-11	3-0-1-0	45	weight:										
					reps:										
3	4	9-11	3-0-1-0	45	weight:										
					reps:										
4	4	9-11	3-0-1-0	45	weight:										
					reps:										
5	4	9-11	3-0-1-0	45	weight:										
					reps:										
6	4	9-11	3-0-1-0	45	weight:										
					reps:										

**A2 Shoulder Press - Standing -Neutral**

Opt Dumbbell

Opt

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	9-11	3-0-1-0	45	weight:										
					reps:										
2	4	9-11	3-0-1-0	45	weight:										
					reps:										
3	4	9-11	3-0-1-0	45	weight:										
					reps:										
4	4	9-11	3-0-1-0	45	weight:										
					reps:										
5	4	9-11	3-0-1-0	45	weight:										
					reps:										
6	4	9-11	3-0-1-0	45	weight:										
					reps:										

**B1 Split Squat - Back Foot Elevated**

Opt

Opt

Kettlebell

Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	9-11	2-0-1-0	45	weight:										
					reps:										
2	4	9-11	2-0-1-0	45	weight:										
					reps:										
3	4	9-11	2-0-1-0	45	weight:										
					reps:										
4	4	9-11	2-0-1-0	45	weight:										
					reps:										
5	4	9-11	2-0-1-0	45	weight:										
					reps:										
6	4	9-11	2-0-1-0	45	weight:										
					reps:										

B2 Row - Bent-over - Medium Grip - Supinated					Opt Straight Bar					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	9-11	2-0-1-1	45	weight:									
					reps:									
2	4	9-11	2-0-1-1	45	weight:									
					reps:									
3	4	9-11	2-0-1-1	45	weight:									
					reps:									
4	4	9-11	2-0-1-1	45	weight:									
					reps:									
5	4	9-11	2-0-1-1	45	weight:									
					reps:									
6	4	9-11	2-0-1-1	45	weight:									
					reps:									

C1 Deadlift - Romanian - Clean Grip					Opt Dumbbell					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	3	10-12	2-0-1-0	45	weight:									
					reps:									
2	3	10-12	2-0-1-0	45	weight:									
					reps:									
3	3	10-12	2-0-1-0	45	weight:									
					reps:									
4	3	10-12	2-0-1-0	45	weight:									
					reps:									
5	3	10-12	2-0-1-0	45	weight:									
					reps:									
6	3	10-12	2-0-1-0	45	weight:									
					reps:									

C2 Lateral Raise - Prone -45° Incline					Opt Dumbbell					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	3	10-12	2-0-1-0	45	weight:									
					reps:									
2	3	10-12	2-0-1-0	45	weight:									
					reps:									
3	3	10-12	2-0-1-0	45	weight:									
					reps:									
4	3	10-12	2-0-1-0	45	weight:									
					reps:									
5	3	10-12	2-0-1-0	45	weight:									
					reps:									
6	3	10-12	2-0-1-0	45	weight:									
					reps:									

D1 French Press - Standing - Close Grip - Pronated					Opt Dumbbell					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	3	12-15	2-0-1-0	45	weight:									
					reps:									
2	3	12-15	2-0-1-0	45	weight:									
					reps:									
3	3	12-15	2-0-1-0	45	weight:									
					reps:									
4	3	12-15	2-0-1-0	45	weight:									
					reps:									
5	3	12-15	2-0-1-0	45	weight:									
					reps:									
6	3	12-15	2-0-1-0	45	weight:									
					reps:									

## D2 Curl - Standing - Close Grip - Semi-supinated

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	45	weight:									
					reps:									
2	3	12-15	2-0-1-0	45	weight:									
					reps:									
3	3	12-15	2-0-1-0	45	weight:									
					reps:									
4	3	12-15	2-0-1-0	45	weight:									
					reps:									
5	3	12-15	2-0-1-0	45	weight:									
					reps:									
6	3	12-15	2-0-1-0	45	weight:									
					reps:									

### Remarks

B1: Bulgarian SS (KB in Front Rack)

Every week decrease rest time by 5 sec.

Week 1: 45 sec.

Week 2: 40sec.

Week 3: 35sec.

Week 4: 30sec.