

Name: Andy Nunez

Program: GBC 2019

Phase: Accumulation 1

Date: Jan 07, 2019

Workout: Full Body 2

Workout 0:42:36 - 0:47:29

A1 Squat - Heels Elevated - Narrow Stance

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 Bench Press - 15° Incline - Medium Grip - Pronated

Opt Dumbbell

Opt Barbell

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 Lunge - Step-up Combo

Opt Dumbbell

Opt

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 - Neutral - One-arm					Opt					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 Squat - Wide Stance					Opt Dumbbell					Opt Kettlebell				
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 Push-up - clapping					Opt					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 Trap 3 - Bent-over - Unsupported					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 Upright Row - 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	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

Every week decrease rest time by 5 sec.

Week 1: 45 sec.

Week 2: 40sec.

Week 3: 35sec.

Week 4: 30sec.