

GBN Varsity & JV Workouts

	12	10	8	12	10	8
Decline Bench	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Pull-Ups (1 set max out)	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Leg Press	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Seated Shld. Press- dmb	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Farmers Walk 3x 30 seconds	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Split squat	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps

The negative is the most important phase of the rep. 4 second count and explode on the positive.

	12	10	8	12	10	8
Bench Press	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
1 Arm Row	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Lunge Walk	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Skull Crushers	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Hammer Curls	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Squat Jumps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps