

## 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 <b>(1 set max out)</b>	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. <b>Press- dmb</b>	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Farmers Walk <b>3x 30 seconds</b>	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