



GSD Full Body Day 1 (Dumbbell)

Name: _____

Your Why: _____

Day 1 Full Body	Notes	
Pre-Work Out Warm up: <i>(check off)</i> Foam Roll Hams, Quads, TFL, Back		
DB Bridge (8-10 Reps)	Tempo: Controlled	
Rest Periods: 60 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
DB Box Squat (8-10 Reps)	Tempo: 3 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Warm up set 3		
Working Set 1		
Working Set 2		
Working Set 3		
Shallow Incline DB Press (8-10 reps)	Tempo: 2 second negative + 1 Second pause at the bottom	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Dumbbell Chest Supported Row (8-10 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Plank	Aim for 30 sec+	
Rest Periods: 60-90 Seconds	Time	
Working Set 1		
Working Set 2		
Working Set 3		
Body Weight (am):		