



GSD Full Body Day 2 (Dumbbell)

Name: _____

Your Why: _____

Day 2 Full Body	Notes	
Pre-Work Out Warm up: <i>(check off)</i> Foam Roll Hams, Quads, TFL, Back		
DB Squat (8-10 Reps)	Tempo: Smooth & Controlled	
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		
Walking Lunges (10 strides per leg)	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		
Working Set 4		
Flat DB Press (6-8 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 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		
Seated Dumbbell Curls (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		
Working Set 4		
Body Weight (am):		