



ANKLE ISOMETRICS



GPP PROTOCOL

*Click workout title for video demonstration

*Perform each block of workout as a circuit

*Each movement is to be performed with maximal tension in the targeted muscle group

*Accumulate total volume in as few sets as possible, add load to increase intensity

No.	Exercise	Volume	Rest
A.	1/2 Squat w/ High Ankle	60 sec ea side	15-30 sec
B.	1/2 Squat w/ Low Ankle	60 sec ea side	15-30 sec
C.	1/4 Squat w/ High Ankle	60 sec ea side	15-30 sec
D.	1/4 Squat w/ Low Ankle	60 sec ea side	15-30 sec
E.	Straight Leg w/ High Ankle	60 sec ea side	15-30 sec
F.	Straight Leg w/ Low Ankle	60 sec ea side	15-30 sec

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