



Escalating Density Training A



CAPACITY - GPP PROTOCOL

*Click workout title for video demonstration

*Perform each exercise pair as a circuit for 5 minutes (i.e. 1 lunge, 1 chin up, 1 lunge,..)

*Accumulate as many high quality reps as possible during the 5 minutes

*Maintain nasal breathing during the workout

No.	Exercise	Load	Volume	Rest
A.	BB Reverse Lunge x 1ea	40-60%	5 AMRAP	3-5 Minutes
A.	Chin Up x1	40-60%		
B.	Trap Bar Deadlift x1	40-60%	5 AMRAP	3-5 Minutes
B.	BB Bench Press x1	40-60%		
C.	2 DB Lunge Jump x1	40-60%	5 AMRAP	3-5 Minutes
C.	BB Shoulder Press x1	40-60%		
D.	BB Bent Over Row x1	40-60%	5 AMRAP	3-5 Minutes
D.	Dip x1	40-60%		

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