



Escalating Density Training B



CAPACITY - GPP PROTOCOL

*Click workout title for video demonstration

*Perform each exercise pair as a circuit for 5 minutes (i.e. 1 DL, 1 press, 1 DL,..)

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

*Maintain nasal breathing during the workout

| No. | Exercise | Load | Volume | Rest |
|-----|------------------------------|--------|---------|-------------|
| A. | Trap Slit Stance Deadlift x1 | 40-60% | 5 AMRAP | 3-5 Minutes |
| A. | BB Close Grip Bench Press x1 | 40-60% | | |
| B. | BB Squat x1 | 40-60% | 5 AMRAP | 3-5 Minutes |
| B. | Pull Up x1 | 40-60% | | |
| C. | 2 DB Squat Jump x1 | 40-60% | 5 AMRAP | 3-5 Minutes |
| C. | BB Z-Press x1 | 40-60% | | |
| D. | Inverted Row x1 | 40-60% | 5 AMRAP | 3-5 Minutes |
| D. | BB JM Press x1 | 40-60% | | |

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