



GLUTE 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.	Quadruped SL Kickback (toe down)	60 sec ea side	15-30 sec
B.	Quadruped SL Kickback (toe out)	60 sec ea side	15-30 sec
C.	Fire Hydrant	60 sec ea side	15-30 sec
D.	Single Leg Hip Thrust (shoulders elevated)	60 sec ea side	15-30 sec
E.	Bench Glute/Abduction Plank	60 sec ea side	15-30 sec

<https://www.masqtraining.com/>