



HIP GIRDLE 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.	Bench Groin/Adduction Plank	60 sec ea side	15-30 sec
B.	SL Prone Plank	60 sec ea side	15-30 sec
C.	SL Supine Plank	60 sec ea side	15-30 sec
D.	Reverse Crunch ISO	60 sec	15-30 sec
E.	QL Side Plank	60 sec ea side	15-30 sec
F.	Hip Extension ISO	60 sec	15-30 sec
G.	GHDSU ISO	60 sec	15-30 sec
H.	Suitcase Carry ISO	60 sec ea side	15-30 sec

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