



IN PLACE PLYOMETRICS



LOWER LEG CONDITIONING - GPP PROTOCOL

*Click workout title for video demonstration

*Perform exercises as a circuit, rest 2 minutes in b/w each full round

*Focus on keeping fluid movement all reps should look same

*Maintain nasal breathing during the workout

No.	Exercise	Volume	Rest
A.	Double Leg Forward & Back	x10ea	NA
B.	Single Leg Forward & Back	x10ea	NA
C.	Double leg Left & Right	x10ea	NA
D.	Single Leg Left & Right	x10ea	NA
E.	Double Leg 180	x10ea	NA
F.	Single Leg 180	x10ea	NA
G.	Double Leg Circle (left & right)	x10ea	NA
H.	Single Leg Circle (left & right)	x10ea	2 minutes

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