



Long Duration Isometrics A



STRENGTH - GPP PROTOCOL

*Click workout title for video demonstration

*Perform entire workout as a circuit

*Each movement is to be performed for the entire duration without any breaks

*Maintain nasal breathing during entire isometric

No.	Exercise	Load	Volume	Rest
A.	Righth Split Squat	Bodyweight	3-5 minutes	1.5-2.5 min.
B.	DB Bench Press	15-25%	3-5 minutes	1.5-2.5 min.
C.	DB Chest Supported Row	15-25%	3-5 minutes	1.5-2.5 min.
D.	Left Split Squat	Bodyweight	3-5 minutes	1.5-2.5 min.
E.	DB Z-Press	15-25%	3-5 minutes	1.5-2.5 min.
F.	FE Glute Bridge w/ Pullover	15-25%	3-5 minutes	1.5-2.5 min.

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