



Medium Duration Isometrics B



STRENGTH - GPP PROTOCOL

*Click workout title for video demonstration

*Perform entire workout as a circuit for 2-3 rounds

*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.	BB Right Leg Hip Thrust	30-50%	30-60 seconds	1-2 min.
B.	DB Incline Bench Press	30-50%	30-60 seconds	1-2 min.
C.	DB Incline Chest Supported Row	30-50%	30-60 seconds	1-2 min.
D.	BB Left Leg Hip Thrust	30-50%	30-60 seconds	1-2 min.
E.	DB JM Press	30-50%	30-60 seconds	1-2 min.
F.	BB Squat	30-50%	30-60 seconds	1-2 min.
F.	Pull Up	30-50%	30-60 seconds	1-2 min.

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