



# Monostructural Aerobic Circuit



## CAPACITY - GPP PROTOCOL

\*Click workout title for video demonstration

\*Perform workout for 30-60 minutes total working 40 seconds ON/ 20 seconds OFF

\*This workout is performed with multiple pieces of cardio equipment ideally (example below), but can be done with only one as well

\*Maintain nasal breathing during the entire workout to control intensity

No.	Exercise	Load	Work	Rest
A.	Jump Rope	n/a	40 seconds	20 seconds
B.	Rowing Erg	n/a	40 seconds	20 seconds
C.	Treadmill	n/a	40 seconds	20 seconds
D.	Ski Erg	n/a	40 seconds	20 seconds
E.	Assault Bike	n/a	40 seconds	20 seconds

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