



Overcoming Isometric Circuit A



STRENGTH - GPP PROTOCOL

*Click workout title for video demonstration

*Perform entire workout as a circuit for 3-5 rounds

*Each movement is to be performed as an Overcoming Isometric (OI) with maximal intent

No.	Exercise	Volume	Rest
A.	Split Squat OI Deadlift	5-10 sec ea leg	30-60sec
B.	OI Bench Press	5-10 sec	30-60sec
C.	Single Leg OI Glute Bridge	5-10 sec ea leg	30-60sec
D.	OI Chest Supported Row	5-10 sec	30-60sec
E.	OI Mid Thigh Pull	5-10 sec	30-60sec
F.	OI Z-Press	5-10 sec	30-60sec

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