



SHOULDER ISOMETRICS



GPP PROTOCOL

*Click workout title for video demonstration

*Perform each block of workout as a circuit

*Each movement is to be performed with maximal tension in the targeted muscle group

*Accumulate total volume in as few sets as possible, add load to increase intensity

No.	Exercise	Volume	Rest
A.	Prone U	60 sec	15-30 sec
B.	Prone Diamond	60 sec	15-30 sec
C.	Prone Y	60 sec	15-30 sec
D.	Prone T	60 sec	15-30 sec
E.	Prone M	60 sec	15-30 sec
F.	Prone I	60 sec	15-30 sec
G.	Band Serratus Punch	60 sec ea side	15-30 sec

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