



SUPER-LD ISOS DAY 1



Perform all exercises for 5 minute isometric

Rest 2.5 Minutes Between Exercises

Only Nose breathing During Workout

No.	Exercise	Percent	Duration	Rest
1	DB Bench Press	15-20%	5 Min	2.5 Min
2	Wall Sit	15-20%	5 Min	2.5 Min
3	DB Chest Supported Row	15-20%	5 Min	2.5 Min
4	DB Shoulder Press	15-20%	5 Min	2.5 Min
5	DB Bi-Trap	15-20%	5 Min	2.5 Min
6	Db Jm Press	15-20%	5 Min	2.5 Min
7	Glute Ham Lat	15-20%	5 Min	2.5 Min

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