



SUPER-LD ISOS D2



Perform all exercises for 5 minute isometric

Rest 2.5 Minutes Between Exercises

Only Nose breathing During Workout

No.	Exercise	Percent	Duration	Rest
1	Right Split Squat	15-20%	5 Min	2.5 Min
2	DB Incline BP	15-20%	5 Min	2.5 Min
3	Reverse Hyperextension	15-20%	5 Min	2.5 Min
4	DB Incline Chest Supported Row	15-20%	5 Min	2.5 Min
5	Left Split Squat	15-20%	5 Min	2.5 Min
6	DB Z-Press	15-20%	5 Min	2.5 Min
7	Glute Ham Lat	15-20%	5 Min	2.5 Min

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