



Overcoming Isometric Circuit C



Accessory - 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.	Lateral Raise	5-10 sec	30-60sec
B.	Standing Groin	5-10 sec	30-60sec
C.	Band Tricep Pushdown	5-10 sec	30-60sec
D.	Standing Hip Flexor	5-10 sec	30-60sec
E.	BO Reverse Fly	5-10 sec	30-60sec
F.	Standing Glute	5-10 sec	30-60sec
G.	Band Bicep Curl	5-10 sec	30-60sec
H.	Band SL Reverse Hyper	5-10 sec	30-60sec

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