



THE 30'S BB CIRCUIT



GPP PROTOCOL

*Perform workout as a circuit for 2 rounds

*The entire workout is to be performed for time to provide aerobic and muscle endurance adaptations

*Choose a load for the exercises that will allow you to complete all reps without reaching muscular failure

No.	Exercise	Volume	Rest
A.	DB Bench Press	2x30	0-30 sec
B.	DB Lateral Raise	2x30	0-30 sec
C.	Right Leg Shrimp Squat	2x30	0-30 sec
D.	Left Leg DB Hip Thrust (shoulders elev.)	2x30	0-30 sec
E.	DB Chest Supported Row	2x30	0-30 sec
F.	DB Skull Crusher	2x30	0-30 sec
G.	Left Leg Shrimp Squat	2x30	0-30 sec
H.	Rigth Leg Db Hip Thrust (shoulders elev.)	2x30	0-30 sec

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