

# GPP GIANT CIRCUIT

By: Regan Quaal



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### **PURPOSE:**

- A) The GPP GIANT CIRCUIT is intended to be used at the beginning of your offseason training program to develop the aerobic system and increase work capacity, to prepare for higher intensity training in the off-season.
- B) The GPP GIANT CIRCUIT can also be used as a download at any point in year to decrease training intensity and develop aerobic system for regeneration purposes.

### **PERFORMANCE:**

- A) The GPP GIANT CIRCUIT is performed to train individuals aerobically. Training intensity and metabolite buildup should be managed, so the individual does not begin relying on the glycolytic system.
- B) To control training intensity and metabolite build up while performing the circuit, it is recommended to utilize strict nasal breathing. Nasal breathing will control your tempo, so you stay primarily aerobic.
- C) To gradually intensify the stimulus of the GPP GIANT CIRCUIT, follow the levels below and build up to the highest level as quickly as you can, while maintaining strictly nasal breathing

Level 0: 10 seconds ON / 10 seconds OFF (Total Time = 26:40)

Level 1: 15 seconds ON / 10 seconds OFF (Total Time = 33:20)

Level 2: 20 seconds ON / 10 seconds OFF (Total Time = 40:00)

Level 3: 25 seconds ON / 10 seconds OFF (Total Time = 46:40)

Level 4: 30 seconds ON / 10 seconds OFF (Total Time = 53:20)

### **HOW TO:**

- A) The exercises are ordered for optimal performance but can be rearranged based on facility or equipment available.
- B) Each station is to be performed for 2 intervals of whatever Level (Work: Rest ratio) is chosen. If the exercise is unilateral (single leg or single leg and single arm) always perform the exercise using the right leg during the first interval and the left leg during the second interval. If the exercise is bilateral (double arm or double leg), the individual will be performing the same movement for both intervals.

### **ENJOY!**

This circuit is a great tool for any coach or trainer to add to their tool box. It will help any individual develop a great base by increasing work capacity and aerobic system. It will also give them the opportunity to learn a wide variety of movement patterns and how to utilize each major muscle group.

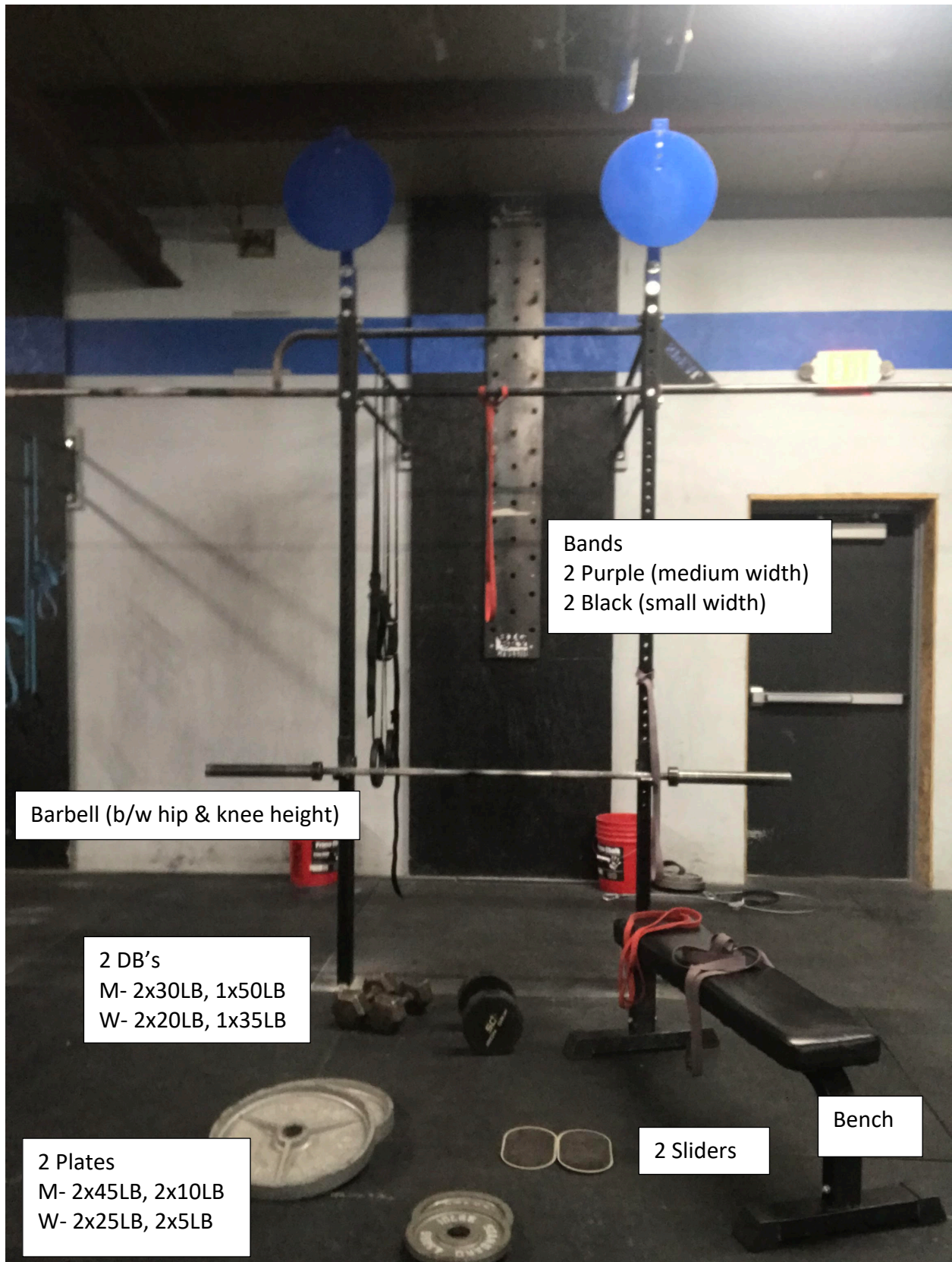
## INDIVIDUAL CIRCUIT SET UP

Below is the ideal set up and equipment required to complete the entire GPP GIANT CIRCUIT at one station

\*The load used may vary based on the level of individual you are working with\*

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Bands  
2 Purple (medium width)  
2 Black (small width)

Barbell (b/w hip & knee height)

2 DB's  
M- 2x30LB, 1x50LB  
W- 2x20LB, 1x35LB

2 Plates  
M- 2x45LB, 2x10LB  
W- 2x25LB, 2x5LB

2 Sliders

Bench



# PISTON SQUAT W/ BAND ROW

RIGHT LEG → LEFT LEG

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# SL RDL W/ PLATE PRESS M-10LB W-5LB

RIGHT LEG → LEFT LEG

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# **DB SLIDER LATERAL LUNGE**

## **M-50LB W-35LB**

**RIGHT LEG → LEFT LEG**

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## HAND RELEASE PUSH UP

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# PLATE SIDE CRUNCH M-45LB W-25LB

RIGHT SIDE → LEFT SIDE

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**SPLIT SQUAT W/ DB  
SHOULDER PRESS  
M-30LB W-20LB**

RIGHT LEG → LEFT LEG

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**SL RDL W/ DB ROW**  
**M:30LB W:20LB**

RIGHT LEG → LEFT LEG

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**XUNDER LUNGE W/ DB  
PRESS  
M-30LB W-20LB**

RIGHT LEG → LEFT LEG

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# OVERHAND INVERTED ROW

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



# **BAND OVERHEAD TRICEP EXTENSION**

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## STEP UP W/ BAND ROW

RIGHT LEG → LEFT LEG

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**2 DB RDL W/ ROW**  
**M:2x30LB W:2X20LB**

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# SLIDER HAMSTRING CURL

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# PLATE UPRIGHT ROW

## M-45LB W-25LB

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**DB SL SIT UP  
M-50LB W-35LB**

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**RFE SQUAT W/ DB  
SHOULDER PRESS  
M-30LB W-20LB**

RIGHT LEG → LEFT LEG

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**DB SL HIP THRUST  
(SHOULDER ELEVATED)  
M-50LB W-35LB**

RIGHT LEG → LEFT LEG

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**LATERAL LUNGE W/ DB  
ROW  
M: 30LB W: 20LB**

RIGHT LEG → LEFT LEG

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**2 PLATE LATERAL RAISE**  
**M-2x10LB W-2x5LB**

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# BAND CURL

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# PISTON SQUAT W/ BAND PRESS

RIGHT LEG → LEFT LEG

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**RDL W/ BENT OVER  
REVERSE FLY  
M: 2x10LB W: 2x5LB**

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# DB SLIDER XUNDER LUNGE

## M-50LB W-35LB

RIGHT LEG → LEFT LEG

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## INCLINE BENCH PUSH UP

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## REVERSE CRUNCH

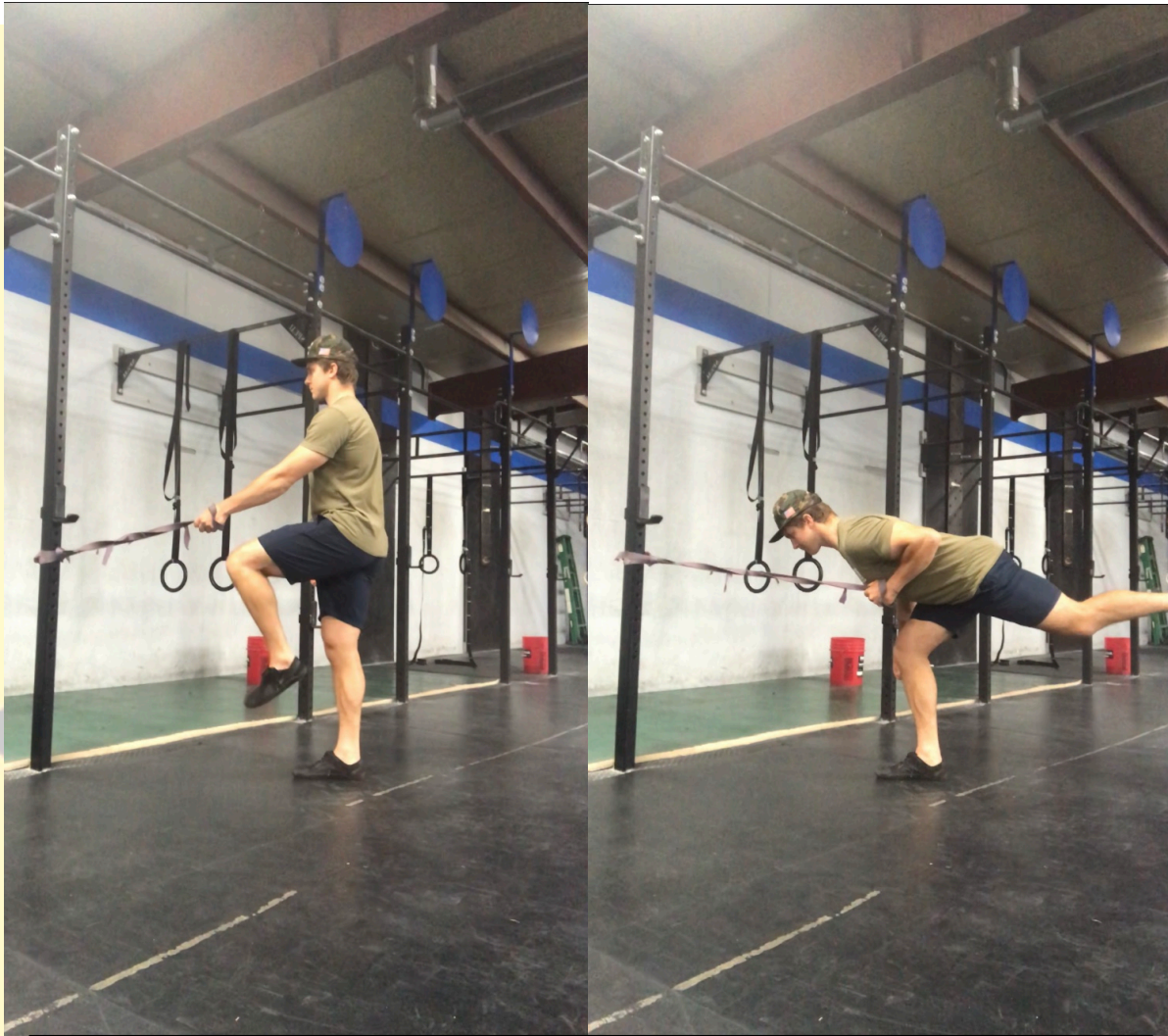
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## SPLIT SQUAT W/ BAND PRESS

RIGHT LEG → LEFT LEG

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## SL RDL W/ BAND ROW

RIGHT LEG → LEFT LEG

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# QUAD FALLOUT

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# UNDERHAND INVERTED ROW

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## **BAND TRICEP PUSHDOWN**

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**STEP UP W/ DB SHOULDER  
PRESS  
M-30LB W-20LB**

RIGHT LEG → LEFT LEG

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## SL RDL W/ BAND PRESS

RIGHT LEG → LEFT LEG

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# **DB REVERSE LUNGE**

## **M-50LB W-35LB**

RIGHT LEG → LEFT LEG

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**2 PLATE SHRUG**  
**M-2x45LB W-2x25LB**

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## PLANK SLIDER CRUNCH

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## RFE SQUAT W/ BAND ROW

RIGHT LEG → LEFT LEG

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**DB SL HIP THRUST (FEET  
ELEVATED)  
M-50LB W-35LB**

RIGHT LEG → LEFT LEG

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# **DB FORWARD LUNGE**

## **M-50LB W-35LB**

**RIGHT LEG → LEFT LEG**

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**2 PLATE FRONT RAISE**  
**M-2x10LB W-2x5LB**

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## **BAND HAMMER CURL**

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# **GPP GIANT CIRCUIT STATIONS**

**\*No Pictures\***

**PISTON SQUAT W/ BAND ROW  
SL RDL W/ PLATE PRESS  
DB SLIDER LATERAL LUNGE  
HAND RELEASE PUSH UP  
PLATE SIDE CRUNCH  
SPLIT SQUAT W/ DB SHOULDER PRESS  
SL RDL W/ DB ROW  
XUNDER LUNGE W/ DB PRESS  
OVERHAND INVERTED ROW  
BAND OVERHEAD TRICEP EXTENSION  
STEP UP W/ BAND ROW  
2 DB RDL W/ ROW  
SLIDER HAMSTRING CURL  
PLATE UPRIGHT ROW  
DB SL SIT UP  
RFE SQUAT W/ DB SHOULDER PRESS  
DB SL HIP THRUST (SHOULDER ELEVATED)  
LATERAL LUNGE W/ DB ROW  
PISTON SQUAT W/ BAND PRESS  
RDL W/ BENT OVER REVERSE FLY**

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## **GPP GIANT CIRCUIT STATIONS (continued)**

**\*No Pictures\***

**2 PLATE LATERAL RAISE  
BAND CURL  
DB SLIDER XUNDER LUNGE  
INCLINE BENCH PUSH UP  
REVERSE CRUNCH  
SPLIT SQUAT W/ BAND PRESS  
SL RDL W/ BAND ROW  
QUAD FALLOUT  
UNDERHAND INVERTED ROW  
BAND TRICEP PUSHDOWN  
STEP UP W/ DB SHOULDER PRESS  
SL RDL W/ BAND PRESS  
DB REVERSE LUNGE  
2 PLATE SHRUG  
PLANK SLIDER CRUNCH  
RFE SQUAT W/ BAND ROW  
DB SL HIP THRUST (FEET ELEVATED)  
DB FORWARD LUNGE  
2 PLATE FRONT RAISE  
BAND HAMMER CURL**

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**DISCLAIMER/CREDIT**

I am adding this to thank Cal Dietz for everything I learned from him and his staff during the time I worked them at the University of Minnesota. It was there that I learned of the importance of dedicating a period of time to developing an aerobic base for optimal longterm health and performance. That why I created this, so coaches/trainers have another easy tool to implement during an aerobic phase, that their athletes/clients can benefit from. This circuit is based off Cal Dietz's Aerobic Contralateral Circuit.

The logo for MASQ TRAINING is centered on a light yellow background. It consists of a large, dark gray diamond shape. Inside the diamond, the word "MASQ" is written in a large, white, bold, sans-serif font. Below "MASQ", the word "TRAINING" is written in a smaller, white, bold, sans-serif font.

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