

## **GPP Full Body Workout 1      10 exercises**

### ***Instructions:***

Begin with 5 minutes of self myofascial release. (foam rolling)

Perform the Dynamic Warm-up/Corrective exercises as a continuous circuit with minimal rest between exercises.

### **Superset of 2 sets**

BodyWeight Single Leg Deadlift- 10 SLOW reps/side

Supine Floor Bridge-20 reps

Prone Cobra-20 reps

Plank Hold-30s

*Repeat new set*

### **Superset of 3 Sets**

Push-Up- 25,20,15 reps (as fast as possible)

Dumbbell Squat-20 reps

Gorilla Roll- 15 reps/side

<https://www.youtube.com/watch?v=iuJJAd6n8IQ>

Dumbbell Seesaw Press- 15 reps/side

Dumbbell Sumo Deadlift to Pull- 15 reps

**Rest for 60 seconds**

*Repeat new set*