

Superset Workout

A superset couples a strength and power exercise. The strength exercise is done first, then, with no rest you go directly into the power exercise.

It is best to set up both exercises so you can move to the second with no rest. You should rest 3-4 minutes between each superset, and up to 5 minutes between each group of supersets.

Do 3 supersets of each group, then move on to the next one. Do the supersets in one of the following orders: 1, 2, 3, 4, 5, or 4, 5, 1, 2, 3.

Superset #1

Hex Bar Deadlift	3-5 reps
Box Jumps	5 reps

Superset #2

Dumbbell side lunge	5 reps each side
Lateral Bounds	6 reps each side

Super Set #3

Goblet Bulgarian Split Squat	6 each side
Split squat jumps	8 each side

Superset #4

Dumbbell Press	5 reps
Depth Pushups	5 reps

Superset #5

Lat Pull	5 reps
Pull ups	5 reps explosive

Non-Superset Exercises

Upper Body/Biceps (2 sets each workout)

- Concentration curls
- Supination curls
- Hammer Curls
- Alternating front curls
- External curls (elbows in at side, weights out to side)

Upper Body/Triceps (3 sets each workout)

- Overhead triceps extension
- Triceps pulldown
- No dips*

Upper Body/Shoulders (2 sets of each)

- [Deceleration Workout](#)