

SUPERSET IDEAS!!

FOR MAXIMUM GAINS: MIX UP YOUR EXERCISES, REPS, SETS & REST TIME!

WHAT'S YOUR TRAINING ROUTINE? HOW MANY TRAINING DAYS A WEEK? SPLITS?

UPPER / LOWER SPLIT *Eg: Upper body day one, legs & core day 2 4 - 6 sessions a week*

BODY PART SPLIT: *Eg: Back & Biceps day one, Chest & Triceps day 2, Shoulders day 3, Legs & Core day 4*

SHORT ON TIME?? USE *ANTAGONIST SUPERSETS* THAT WORK OPPOSITE OR NON-COMPETING MUSCLE GROUPS. WORKS WELL WITH *UPPER / LOWER SPLIT* TRAINING.

SUPERSETS ANTAGONIST PAIRS

Horizontal push + horizontal pull

Vertical push + vertical pull

Horizontal push + vertical pull

Vertical push + horizontal pull

EXAMPLES: ANTAGONIST CHEST BACK SHOULDERS

Bench press + Row or Reverse fly

Shoulder press or Pull up + Pull down or Shrug or Upright row

Bench press + Pull down or Shrug or Upright row

Shoulder press or Pull up + Row or Reverse fly

EXAMPLES: ANTAGONIST LEGS

Leg Extension + Leg curl

Squats + Straight leg deadlift

Leg exercise + Core exercise

EXAMPLES: ANTAGONIST ARMS

Alternating standing twist db curls + triceps db kickback

Biceps curl + triceps skull crusher

Cable rope curl + cable rope extension

Hammer curl + straight bar pressdown

LOOKING TO BLAST A BODY PART? *COMBINE 2 EXERCISES FOR THE SAME MUSCLE GROUP* IN YOUR SUPERSET. USE FOR *BODY PART TRAINING* . No more than once a week for a muscle group!

CHEST EXAMPLES:

Flat bench press + Flies

Incline flies + Flab db bench press

Cable Cross over + Pushups

Flat bb bench press + Incline db press

Incline db press + cable cross over

BACK EXAMPLES:

Pulldown wide grip + Seated row or bent over row or renegade row

Pull up + Seated row or bent over row or renegade row

Pull down+ Inverted row (smith station)

Pull down + reverse fly

ARM EXAMPLES:

Incline db curls + barbell curls

Hammer curl + preacher curl

Standing ez curl + hammer curl

Rope curl + concentration curl

SHOULDER EXAMPLES:

Side raise + Reverse fly

Front raise + Side raise

Upright row + Reverse fly

Shoulder press + Side raise

Straight bar pressdown + Dips

Rope pressdown + Skullcrusher

Close grip pushup + Kickback

Rope pressdown + Kickback

LEGS:

Squat + jump squats or split lunges

Double or Single leg press + Double or single leg toe press

Straight leg deadlifts + pop squats or split lunges

Leg press + Lunges

Deadlifts + Step ups

SUPERSET IDEAS!!

BANG FOR YOUR BUCK....PUSH / PULL SUPERSET IDEAS

PAIR BACK WITH BICEPS & CHEST WITH TRICEPS

PULL: BACK & BICEP EXAMPLES

Single arm cable row + Bicep curl

Wide grip pulldown + Bicep 21's

Seated Row + DB Biceps curl

PUSH: CHEST & TRICEP EXAMPLES

Incline bench press + Triceps db extensions (overhead)

Straight bar pushdown + Narrow grip pushup

Flat bench press + Kickbacks

**shoulders can be added to either day*