

2 Day Superset Workout

Day 1

Step up (low) 2*4 (high) 2*3

superset

Standing alternate db press 4*4

NG pullup (4010) 3*5

superset

Front raise 3*6

Sn rdl 3*5

superset

Hanging leg raise 3*6

Single leg back ext 3*4

superset

Leg raise + pelvis raise (situp bench) 3*8

MB alternate plyo pushup 3*12 (switch every 3rd)

superset

Russian twist (ball overhead) 3*8

Day 2

Clean pull (power clean) 4*4(3)

superset

Incline bench (pause) 4*5

Backward lunge 3*3

superset

Body row (3010) 3*6

Pushup + db row 3*4

superset

MB chop + Scoop throw 3*4

Plate situp 2*8

superset

Lover (bar overhead) 2*8