

21st Century Supersets

EXERCISE
ETC. INC.



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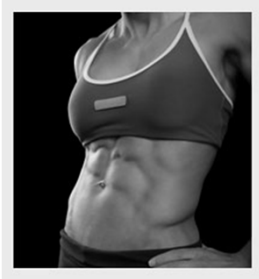
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Supersets,
The Old School Definition

- An **advanced training** method in which....
- two **opposing exercises** are performed, (**agonist/antagonist or push/pull**) one after the other,
- with **little or no rest in between**.



Redefining Supersets for the
21st Century



- The **new definition is more fluid**; now
- supersets can be done for the **same muscle group**
- or **different muscle groups** and they can include
- **static exercise** and even
- **cardio intervals**.

So What **REALLY** Defines a Superset?



- A superset features
- **multiple sets** of different combinations
- of **high intensity** exercises that are separated by
- **little or no rest** to
- **burn** calories, **boost** metabolism and **increase** hormonal levels to improve **strength & performance.**

Benefits of Supersets

- Save time
 - Less rest = better time mgmt
- Increase intensity
 - Improves fat metabolism
- Overload muscles
 - Increase strength & performance
- Make things interesting
 - Avoid boredom, plateaus
- Add some variety
 - There are infinite combination possibilities



Superset Rationale

- Recovery is muscle-specific
- Alternating agonist / antagonist keeps you moving while permitting longer rests between sets of the same exercise
 - Increases workloads used
 - Decreases total rest time
 - Accomplish more work or finish in less time
 - Both muscle and cardio-respiratory systems are trained



The Key to Successful Supersets

- Program for maximal or near-maximal intensity
- Incorporate mostly Multi-Joint / Compound Exercises
- Add, Complexes, Building Blocks and Circuits



Select Your Variables to Boost Superset Training Benefits



- Programming Variables
 - Sets & Repetitions
 - Intensity
 - Static vs Dynamic Contractions
 - Contractile Speed
 - Rest & Recovery

Programming Variables, Based on Goals

Goal	Sets	Reps	Intensity (% 1RM)
Strength	2 – 6	<6	> 85%
Hypertrophy	3 – 6	6 – 12	65 – 85%
Endurance	1 - 3	>12	< 65%

Static vs Dynamic Contractions



- Use mostly Dynamic Exercises / Drills
 - Movement requires much energy
- Isometrics require little energy, but help in recovery strategies and build strength

Contractile Speed



- Speed and Loading influence muscle fiber recruitment patterns, neural drive, and muscle tension
 - Slow = Type 1
 - Moderate = Type 2A/B
 - Fast = Type 2B/A

Rest / Recovery

- Goals for Recovery
 - Encourage near maximum intensity in all lifts/exercises
 - Maintain calorie expenditure focus by avoiding prolonged rest
- Active vs Passive Rest
- Allow at least 48 hours between sessions
 - But not more than 72 hours rest



Integrating Supersets into Training



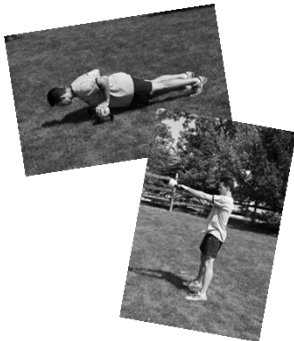
- Add Supersets to:
 - Personal Training Sessions
 - Boot Camp Programs
 - Group fitness classes
 - Aquatics

Choose the Supersets that Work Best for You

1. Traditional Supersets
2. Evolving Supersets
3. Superset Circuits
4. Superset Building Blocks



1) Traditional Supersets



- Select 2 opposing exercises and alternate them with either NO rest or MINIMAL rest in between
- Strategic manipulation of rest intervals optimizes metabolic benefit
- Select mainly multi-joint exercises

Programming Traditional Supersets



- Option A: *No Rest*
 - Exercise A x 10 RM, No Rest
 - Exercise B x 10 RM, Rest 60 seconds...Repeat
- Option B: *Full Rest*
 - Exercise A x 10 RM, 30 sec Rest
 - Exercise B x 10 RM, 30 sec Rest

Functional vs Machine Supersets

- | | |
|---|--|
| <ul style="list-style-type: none"> • Exercise #1 <ul style="list-style-type: none"> – Lunge to Press x 10 RM • Exercise #2 <ul style="list-style-type: none"> – Cable Chop x 10 R + L • Exercise #3 <ul style="list-style-type: none"> – Barbell Squats x 10 RM • Exercise #4 <ul style="list-style-type: none"> – Push-Ups x 10 RM | <ul style="list-style-type: none"> • Exercise #1 <ul style="list-style-type: none"> – Leg Press x 10 RM • Exercise #2 <ul style="list-style-type: none"> – Seated Row x 10 RM • Exercise #3 <ul style="list-style-type: none"> – Chest Press x 10 RM • Exercise #4 <ul style="list-style-type: none"> – Leg Curl x 10 RM |
|---|--|

Traditional Superset Examples

- | | |
|---|---|
| <ul style="list-style-type: none"> • Push-Pull <ul style="list-style-type: none"> – Upper Body Push – Upper Body Pull <ul style="list-style-type: none"> • Push-Ups + Seated Row • Upper Push / Lower Pull <ul style="list-style-type: none"> – Upper Body Push – Lower Body Hip Dominant <ul style="list-style-type: none"> • Overhead Press + Semi-Straight Leg Dead Lift | <ul style="list-style-type: none"> • Upper Pull / Lower Push <ul style="list-style-type: none"> – Upper Body Pull – Lower Body Quad Dominant <ul style="list-style-type: none"> • Pull-Ups + Squats |
|---|---|

2) Evolving Supersets

- Mix Intensities
 - Strength Range for Exercise A (ie 3 to 6 RM)
 - Endurance Range for Exercise B (15 to 25 RM)
- Pair Dynamic or Explosive with Static or Isometric
- Example A:
 - Box Jumps x 15 Reps
 - Bench Press x 5 Reps
- Example B:
 - Squats x 8 Reps
 - Plank x 30 sec

More Evolved Supersets

- Pair strength exercise with a cardiovascular exercise
 - Select cardiovascular training zones that target the lactic acid system (ie 30 sec to 3 minutes)
- Example A:
 - Pull-Ups x 12 Reps
 - Mountain climbers x 1 minute
- Example B:
 - Rowing Machine x 3 minutes
 - Leg Press x 10 Reps

Evolved Supersets (cont)

- Mix up Tempo's
 - Exercise A as 3:1:1
 - Exercise B as 1:1:3
 - Eccentric : Pause : Concentric
- Example
 - Squats x 10 Reps
 - Triceps Dips x 10 Reps



Total Body Superset Workout

A1	LB Knee Dominant 1	<i>Squat or Leg Press</i>
A2	UB Vertical Pull	<i>Pull-Ups/Downs</i>
B1	UB Horizontal Push	<i>Push-Ups</i>
B2	LB Hip Dominant 1	<i>Lateral Lunge</i>
C1	UB Horizontal Pull	<i>Seated Cable Row</i>
C2	LB Hip Dominant 2	<i>Swiss Ball Leg Curl</i>
D1	LB Knee Dominant 2	<i>Knee Extension</i>
D2	UB Vertical Press	<i>Alternating OH Press</i>

Revolving Superset

	Exercise	# Reps	Rest (sec)
A1	Push-Up	10	0
A2	KB Swing	20	60
A1	Push-Up	10	0
A2	KB Swing	20	60
A1	Push-Up	10	0
B1	Squats	5	0
B2	Ab Rollouts	20	60
B1	Squats	5	0...

- Alternate Number of Sets to Change the relationship of Rest Intervals
 - Exercise A1: 3 sets
 - Exercise A2: 2 sets
 - Exercise B1: 3 sets
 - Exercise B2: 2 sets

Training Density Superset Challenge



- Select two exercises and start with 12 RM Resistance
- Alternate exercises with little to no rest until you can only do 1 and 1

3) Superset Circuits

- Prepare 3 to 6 Stations
- Choose primarily multi-joint, "big-bang" exercises
- Exercises should complement each other
 - Push – Pull
 - Upper Body – Lower Body
 - Upper Body – Core – Lower Body



Progressing Superset Circuits



- Loading and rest intervals manipulated
 - 3 to 25+ Repetitions
- Incorporating Cardiovascular & Core Exercises
 - Run, Bike, Row
 - Direct Abdominal or Low Back Exercises

Superset Circuit #1

Lower Body Pull + Upper Body Push + Core

<p>Station 1</p> <p>Lower Body Hip Dominant Explosive</p> <p><i>Lateral Hops Over Step</i></p> <p>20 Reps</p>	<p>Station 2</p> <p>Upper Body Horizontal Push Dynamic</p> <p><i>Plank Push-Up</i></p> <p>10 Reps</p>	<p>Station 3</p> <p>Hip Dominant + Core Dynamic</p> <p><i>Alternating Lunge with Twist</i></p> <p>20 Reps</p>
<p>Station 4</p> <p>Upper Body Vertical Push Dynamic</p> <p><i>Overhead Press</i></p> <p>10 Reps</p>	<p>Station 5</p> <p>Lower Body + Core Dynamic</p> <p><i>Bridge Marching</i></p> <p>20 Reps</p>	<p>Station 6</p> <p>Upper Body Isolation Dynamic</p> <p><i>Triceps Pressdown with Tubing</i></p> <p>10 Reps</p>

Superset Circuit #2

Lower Body Push + Upper Body Pull + Core

<p>Station 1</p> <p>Lower Body Quad Dominant Explosive</p> <p><i>Squat Jumps</i></p> <p>10 Reps</p>	<p>Station 2</p> <p>Upper Body Horizontal Pull Dyn</p> <p><i>Tubing Row</i></p> <p>15 Reps</p>	<p>Station 3</p> <p>Lower Body Quad Dominant Dynamic</p> <p><i>Alternating Lunge</i></p> <p>30 Reps</p>
<p>Station 4</p> <p>Upper Body Vertical Pull Dynamic</p> <p><i>Pull-Ups</i></p> <p>5 Reps</p>	<p>Station 5</p> <p>Core Dynamic</p> <p><i>Side Plank Rotating</i></p> <p>20 Reps</p>	<p>Station 6</p> <p>Upper Body Isolation</p> <p><i>Alternating Dumbbell Curls</i></p> <p>10 Reps</p>

Superset Circuit #3

Total Body Strength + Cardio + Core

<p>Station 1</p> <p>Cardio, Quad Dominant</p> <p><i>Run 1/8 Mile (~1 min)</i></p>	<p>Station 2</p> <p>Core Dynamic</p> <p><i>Mountain Climbers</i></p>	<p>Station 3</p> <p>Upper Body Horizon- Push Explosive</p> <p><i>Med Ball Chest Pass</i></p>
<p>Station 4</p> <p>Upper Body Horizon- Pull Dynamic</p> <p><i>Seated Cable Row</i></p>	<p>Station 5</p> <p>Hip Dominant, Core Dynamic</p> <p><i>Kettlebell Swing</i></p>	<p>Station 6</p> <p>Recovery</p> <p><i>Rest</i></p>

Rest Strategies for Superset Circuits

- Rest between exercises
 - Constant
 - Variable
 - Change from Exercise to Exercise
 - Reduce or Increase
- Group vs Individual Session



4) Superset Building Blocks



- Select up to 6 exercises
- Choose a duration or intensity for each exercise
 - Repetitions or Time
- Add an exercise to each block
- Determine the Recovery Interval
 - Constant vs Variable
- Rest 30 sec to 3 minutes between blocks

Constructing Superset Building Blocks

- Example

- *Block 1*

- Exercise #1, Rest X sec

- *Block 2*

- Exercise #1 + 2, Rest X sec

- *Block 3*

- Exercise #1, 2, + 3, Rest X sec



Superset Building Blocks: Sample #1

Set	Tubing Chest Press	Tubing Decline Chest Press	Tricep Push-ups
1	10 reps		
2	10 reps	10 reps	
3	10 reps	10 reps	10 reps

**Superset Building Blocks:
Sample #2**

Set	Lat Pull Downs	Inverted Pull ups	Assisted Chin ups
1	10 reps		
2	10 reps	10 reps	
3	10 reps	10 reps	10 reps

**Superset Building Blocks:
Sample #3**

Set	BB or DB Squats	Box Squats	Bulgarian Split Squats
1	10 reps		
2	10 reps	10 reps per side	
3	10 reps	10 reps per side	10 reps per side

21st Century Supersets

- Pre-Exhaustion Supersets
- Post-Exhaustion Supersets
- Compound Superset
- Isolation Supersets
- Opposing Muscle Groups
- Staggered Supersets
- Tri-Sets



21st Century Supersets

- **Pre-Exhaustion Supersets**
 - Leg extensions & squats
 - Bicep curls & lat pulls
- **Post-Exhaustion Supersets**
 - Bench press & flies
 - Deadlifts & ham curls
- **Compound Superset**
 - Squats followed by lunges
 - Pull up & inverted pull ups



More 21st Century Supersets

- **Isolation Supersets**
 - Dumbbell flyes & pec dec
 - Prone ham curls & standing ham curls
- **Opposing Muscle Groups**
 - Biceps curls & tricep kickbacks
 - Reverse flyes & pec dec
- **Staggered Supersets**
 - Lat pulls & crunches
 - Walking lunges & bicep curls
- **Tri-Sets**
 - Incline presses, decline presses & pushups
 - Lat pulls, inverted pull ups & horizontal rows

Manipulating Your Variables

- | | |
|--|---|
| • Exercise #1
- Dead Lift x 5 RM | • Exercise #4
- Swiss Ball Leg Curl x 20 RM |
| • Exercise #2
- DB Bench Press x 10RM | • Exercise #5
- Ab Wheel Rollouts x 25 RM |
| • Exercise #3
- Seated Cable Row x 15 RM | • <i>Use a constant Recovery Interval of 30 seconds</i> |

Hip Dominant Superset Block

- Block 1:
 - Skating Lunges 30 sec;
 - Rest 30-45 sec
- Block 2:
 - Skating Lunges 30 sec
 - Squats 10 reps; Rest 60-75 sec
- Block 3:
 - Skating Lunges 30 sec
 - Squats 10 reps
 - SB Leg Curl 20 reps

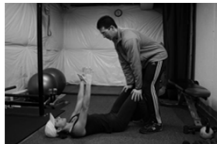
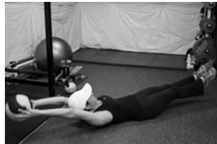


Ultimate Ab / Glute Challenge

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|--|---|
| <ul style="list-style-type: none"> • Block 1: <ul style="list-style-type: none"> – Med Ball Slams x 15, Rest 30 • Block 2: <ul style="list-style-type: none"> – Med Ball Slams x 15 – Ab Rollouts x 10, Rest 45 | <ul style="list-style-type: none"> • Block 3 <ul style="list-style-type: none"> – Med Ball Slams x 15 – Ab Rollouts x 10 – Squats x 25 RM, Rest 75 • Block 4 <ul style="list-style-type: none"> – Med Ball Slams x 15 – Ab Rollouts x 10 RM – Squats x 25 – Bulgarian Squats x 25, Rest 90 |
|--|---|

Abdominal Superset Block

- Block 1:
 - Full Body Ab Crunch 20 reps;
 - Rest 30 sec
- Block 2:
 - Full Body Ab Crunch 20 reps
 - Leg Lifts 15 reps; Rest 45 sec
- Block 3:
 - Full Body Ab Crunch – 20 reps
 - Leg Lifts 15 reps
 - Sit-Ups x 10 reps



Innovative Superset Ideas

- Ideal for:
 - Personal Training
 - Group Fitness
 - Boot Camp



Superset Complexes

- A complex incorporates consecutive sets of a variety of exercises designed to target multiple aspects of conditioning
- Exercises should complement each other and progressively fatigue the whole body
- Intensity can be determined by time, effort or by RM (repetition maximum) workloads

Superset Complex: Sample 1

Station	Exercise	Time	Rest
1	Mountain Climbers	30 sec	30 sec
2	Squat Thrust	30 sec	30 sec
3	Quick Step	30 sec	30 sec
4	Burpee	30 sec	30 sec
5	Squat Jump	30 sec	30 sec

Rest is Active (i.e. jog/walk or other activity during rest interval)

Superset Complex: Sample 2

Station	Exercise	Time	Rest
1	Push-Ups	40 sec	20 sec
2	Med Ball Slam	40 sec	20 sec
3	Jump Rope	40 sec	20 sec
4	Med Ball Squat & Toss	40 sec	20 sec
5	Tubing Speed Squats	40 sec	20 sec

Rest is Active (i.e. jog/walk or other activity during rest interval)

Med Ball Strength Supersets

Spend 10 – 30 seconds at each station

1. Med ball slam to front
2. Med ball toe taps
3. Med ball side to side slams (sit or stand)
4. Med ball squat & toss
5. 1-leg "around the world"



Superset Time Challenges

Set	Exercise	Time	Rest
1	Jump rope	50 secs	10 sec
2	Tube rows	50 secs	10 sec
3	Squat thrusts	50 secs	10 sec
4	Tube chest press	50 secs	10 sec
5	Mountain climber	50 secs	10 sec

Rest is Active (i.e. jog/walk or other activity during rest interval)

8 Min Ab Superset:

Set	Double leg lifts	Oblique crunch (ea side)	Abdominal crunch	Plank
1	30 sec	•Rest 10 seconds between sets		
2	20 sec	30 / 30 sec	•Rest 1 minute between blocks	
3	20 sec	20 / 20 sec	30 sec	
4	30 sec	20 / 20 sec	30 sec	20
5	30 sec	20 / 20 sec	30 sec	20

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