

W.O.W.

Workout of the Week

THE POWER OF SUPERSETS

Total body strength endurance training using a technique called supersets. A superset is a combination of one exercise performed right after the other with no rest in between them.

Time: 15-30 minutes

Equipment: Dumbbells
Resistance bands

Instructions: Rest after completing each superset. Some Resistance Band exercises require an anchor point. Please see a Personal Trainer for assistance in finding an anchor point.



By Michael Lederer
WAC Downtown Fitness Director
mlederer@thewac.com

Level	Adjustments	Band Color
Beginner	1-2 sets	Yellow / Green
Intermediate	2-3 sets	Red / Blue
Advanced	3 sets of 12-15 reps	Black

Superset 1

1. Dumbbell curtsy lunge with upright row
2. Resistance Band squat with overhead press

30-45 Second Rest

Superset 2

1. Dumbbell alternating lunge with bicep curl
2. Resistance Band monster walks

30-45 Second Rest

Superset 3

1. Dumbbell chest press
2. Resistance Band tricep pushdowns
(Requires Anchor Point)

30-45 Second Rest

Superset 4

1. Dumbbell incline rows
2. Resistance Band reverse flys
(Requires Anchor Point)

30-45 Second Rest

Superset 5

1. Dumbbell Russian twists (till fatigue)
2. Resistance Band crunches on BOSU ball
(Requires Anchor Point)

See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
www.thewac.com