

SUPERSET 1

CHEST



BACK



2 SETS | 10 - 12 REPS | REST 1M

SUPERSET 2

QUADS



HAMS



2 SETS | 10 - 12 REPS | REST 1M

SUPERSET 3

SHOULDERS



BACK



2 SETS | 10 - 12 REPS | REST 1M

SUPERSET 4

BICEPS



TRICEPS



2 SETS | 15 REPS | REST 1M

SUPERSET 5

CALVES



DELTS



2 SETS | 15 REPS | REST 1M

SUPERSET 6

ABS



TRAPS



2 SETS | 15 REPS | REST 1M

A full-body superset workout involves combining two or more exercises that target different muscle groups in the body, and performing them back-to-back with little to no rest in between.

This type of workout is done in order to save time, burn more calories and increase cardiovascular fitness. It also helps to increase muscle tone and endurance in the body. Full-body workouts can be beneficial for those who have limited time for exercise, or for those who want to hit multiple muscle groups at once.

Superset 1

Chest: Flat bench dumbbell press

Back: Cybex low row

Superset 2

Legs (Quads): Bodyweight or barbell squat

Legs (Hams): Romanian Deadlifts - RDLs

Superset 3

Shoulders: Nautilus Shoulder Press

Back: Cybex Lat Pulldown

Superset 4

Biceps: Barbell or dumbbell curls

Triceps: Cybex Press down

Superset 5

Calves: Body Solid Seated Calf Machine

Shoulders: Standing dumbbell fly

Superset 6

Abs: Cybex weighted ab cable curl

Traps: Standing dumbbell shrugs

