

BENEFITS OF SUPERSETS IN WORKOUTS

What is a superset?

Two exercises combined into one full set, with little to no rest in-between.

What are the Benefits?

1. Supersets save time by reducing the rest period between two exercises. It is great for if you have a limited time in the gym
2. Shortening the rest period between sets will increase intensity by performing more work in less time, especially if you are used to long rest periods
3. Supersets also allow you to increase the intensity of your workouts by overloading a muscle. You don't have to use weights/resistances you are accustomed to since the muscle will be put under higher stress from the 2 exercises without rest

3 Common Supersets

Agonist-Antagonist: This is probably the most commonly used superset. This is the combination of two exercises that utilize different muscle groups to avoid easily fatiguing. Think push and pull.

Example: Triceps pushdown with a bicep curl, leg curl with leg extension

Complex Training (similar muscle group sets): This training is a little more strategic. For these supersets you're performing exercises after each other that stimulate similar or the same muscles.

Example: Bench press to a tricep kickback or a heavy squat to a box jump

Upper-Lower sets: This superset pairs upper and lower body movements. They are often best for those training their full body, or improving their functional fitness. They are also used for cutting down your workout time.

Example: Squat with overhead press, walking lunges with bicep curls, Romanian deadlift (RDL) with an upright row

In the video, 2 of the 3 supersets are demonstrated. Can you guess which ones?

