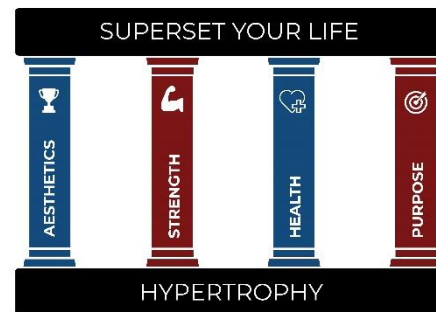


SUPERSET Workout Guidelines

FREE Back & Shoulders Workout, for an Intermediate Classic Physique Athlete

What is a SUPERSET? Supersets are simply two exercises performed back-to-back without rest, followed by a short break after the second exercise for a specific time before returning to the first exercise. You can expect to enjoy ALL of these benefits from structuring your workouts into SUPERSETS:

1. Cut your workout time in half
2. Change up the usual "straight set" routine to challenge your body with something new
3. Increase performance on lifts (no one knows why but science does support the strength increased by supersetting)
4. Replace conventional cardio such as running and biking with more effective HIIT-style cardio in the form of supersets
5. MY FAVORITE: Enjoy the skin-splitting "pumps" when for example the biceps and triceps are BOTH filled with blood!



FORMAT: The .PDF can be printed to track your progress with a pen and clipboard. Clients will receive an Excel spreadsheet to track progress on a desktop as another option.

VIDEOS: [Click HERE](#) to view the private playlist of all exercise demos in order. You may also click each exercise individually on the .PDF to view them one at a time (send it to your smart phone for easy quick-reference at the gym!).

UNSURE OF YOUR FORM? Contact me immediately please. I'll FaceTime you to show you in-person how to do the exercise correctly.

DID YOU LIKE IT? Share this workout with a friend if you found it helpful and let me know either way how you liked it—I'd love to hear from you 😊 Enjoy!

To your GAINZ,

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Please consult a physician before engaging in any exercise program.



HYPER-	↔	English	"beyond"
TROPHY	↔	Greek	"nourishment"
noun: the <i>nourishment</i> of muscular tissue to grow <i>beyond</i> basic functionality into aesthetic symmetry.			

Client Name: _____

Start Date: _____

Finish Date: _____

Back & Shoulders (Classic Physique)

Goal: Develop and/or maintain hypertrophy in the lats, deltoids, rhomboids, and traps.

WARM-UP CARDIO, 10 min.: Elliptical or rowing machine

	Sets	Reps	Rest	Notes	Week 1	Week 2	Week 3			
					Weight	Reps	Weight	Reps	Weight	Reps
ACTIVATION TRISET										
Machine Side-Laterals	3	15	none	Target the side deltoids only; not the traps						
Bent-Over Lateral Raises	3	15	none	Keep the burn going now into the rear deltoids						
Iso-Lateral Low Rows	3	15; 2x8	none	Work the lower lats while the deltoids recover, then repeat without any rest						
PUMP SUPERSET										
BB (barbell) Upright Rows WG (wide grip)	4	12	none	Hands just outside shoulder width						
BB Bent Over Rows WG	4	12	1:00	Hands in the same position as the upright rows; you can probably even use the same barbell						
STRENGTH SUPERSET										
Seated BTN (behind-the-neck) Presses	5	12	none	You may use a standard barbell and no chains						
Wide Supenated Chin-Ups	5	8	1:00	Focus on pulling with your lower lats; not biceps						
STRETCH SUPERSET										
UL (unilateral) DB (dumbbell) High Rows	3	8	none	Fully stretch and contract the shoulder blades						
Planks	3	1:00	1:00	Back is fatigued by now to ensure more natural core activation	BW		BW		BW	
					(BW = "body weight")					
Total Working Sets: 33					COOL-DOWN CARDIO, 10 min.: Uphill walk on treadmill, stairmill, or bike					

Summary

You will begin by isolating all of the major muscles that will be worked today, starting with the side deltoids. After using the side-deltoid machine, your shoulders will be pre-fatigued and in a prime position to immediately perform the bent-over lateral raises for the rear deltoids, without the need to use any weight. The third and final exercise of this TRISET targets the lower lats. Then you will go back to the first two shoulder exercises and repeat the TRISET three times. Next you will perform two compound exercises for the back and shoulders, respectively, both of which attack the rear deltoids from two angles (this muscle is VITAL for a classic physique, as it is often overpowered by the front deltoids; when it is properly developed, this creates 3-dimensional looking shoulders). All of these exercises point toward your main SUPERSET in which you will alternate between two of the most effective pressing and pulling exercises for the back and shoulders. You will finish off with a rowing move that stretches out the upper back and an abdominal exercise.

Need some workout motivation? [Click here to listen to the latest episode of our podcast!](#) New episode every Saturday morning.

Ready for your own customized workout plan? [Click HERE to schedule your 15 minute, no-obligation Meet & Greet call with Coach Colt!](#)