



SUPERSET CITY WORKOUT PROGRAM

S- OFF

M- CHEST/ ABS

T- BACK

W- LEGS

T- SHOULDERS

F- ARMS

S- Optional (Weak body part or rest)

- *SS* means superset. When you see this between two exercises do them back to back with minimal rest. A superset blends two exercises together and keeps the workout challenging.
- On every exercise do 3 sets for 10-15 reps. Challenge yourself!
- Do calves every day except OFF day and TUESDAY
- Cardio every day post workout. You can do **30 minutes** of incline walking on treadmill, stairmaster, or elliptical. If you don't have that much time for cardio you can do ten 20 second sprints on the treadmill or spin bike. On the sprints you do 20 seconds as fast as you can go, and the next 20 seconds you rest or go slowly. When the 20 seconds of rest is up you start your 20 seconds of sprinting again. Take your post workout shake after cardio is completed.
- This program requires a lot of intensity driven exercises. Stay hydrated and take your nutrition seriously.

WEEK 1

CHEST-

Incline dumbbell bench press *SS* Flat dumbbell bench press

Incline dumbbell flies *SS* Flat dumbbell flies

Dumbbell cross bench pullovers *SS* dips off end of bench (lean forward to hit lower chest)

Abs-

Hanging leg raises *SS* Hanging knee raises

WEEK 2

CHEST-

Incline cable flies *SS* Incline cable press

Flat cable flies *SS* Flat cable press

Dip machine leaning forward *SS* pushups until failure

ABS-

Exercise ball sit ups *SS* vacuums until failure

WEEK 3

CHEST-

Peck deck flies *SS* pushups until failure

Incline barbell *SS* flat barbell press

Standing cable flies (grip underhand, start with handles low, and contract up to eye level) *SS* cable flies (cables high and hug motion contraction down in front of you)

ABS-

Planks *SS* crunches

WEEK 4

CHEST-

Incline dumbbell press *SS* Incline dumbbell flies (twist pinkies in at top)

Decline flat dumbbell press (you can angle yourself into a decline angle on a flat bench by putting your feet on the bench and bridging up your butt) *SS* Flat dumbbell flies

Alternating flat dumbbell press *SS* pushups until failure

ABS-

Modified crunches seated on bench (straighten out legs and bring knees in) *SS* flutter kicks

WEEK 1

BACK-

Lat pull downs (overhand) *SS* lat pull downs (underhand)

One arm cable pull downs (squeeze lat) -> SS each arm back to back/ no rest

Barbell rows *SS* Seated cable rows (2 second squeeze)

Rack deadlifts *SS* Barbell shrugs (2 second squeeze)

WEEK 2

BACK-

Pull up machine (wide) *SS* pull ups (neutral grip)

Rope pull downs (lats) *SS* rope rows (set pin at bottom)

Incline bench (chest on pad) dumbbell rows *SS* dumbbell shoulder blade protraction/retraction (stay on bench)

Hex bar deadlifts *SS* hex bar shrugs

WEEK 3

BACK-

One arm dumbbell rows (lat emphasis) *SS* each arm back to back/no rest

Underhand e-z-bar cable rows *SS* upright rows

Machine rows (wide grip for middle back) *SS* neutral grip for lats

Deadlifts *SS* shrugs (2 second squeeze)

WEEK 4

BACK-

Meadows row on end of T-bar *SS* each arm back to back/no rest

Lat pull downs *SS* V-bar pull downs

Rope face pulls *SS* rope pull downs

Pendlay rows *SS* partial deadlifts (to knees and up)

WEEK 1

LEGS (when leg extensions are listed only do the top half of the movement to protect your knees!)-

Lying leg curl *SS* calf machine

Stiff leg deadlifts *SS* walking lunges

Seated leg curl *SS* Leg extension

Hack squat (wide stance) *SS* hack squat (narrow stance)

Leg press (wide stance) *SS* leg press (narrow stance)

WEEK 2

LEGS-

Adductor machine *SS* abductor machine

Standing single leg curls *SS* each leg back and forth/no rest between

Wide stance lunges on smith machine *SS* front squats

Leg extensions *SS* leg press

Seated calf raise (toes in) *SS* calf raise (toes out)

WEEK 3

LEGS-

Leg extension *SS* abductors

Squats *SS* standing calf raises

Leg press (heels touching with toes out) *SS* hip thrusters

Sumo stance stiff leg deadlifts *SS* adductors

Lying leg curls *SS* walking lunges

WEEK 4

LEGS-

Seated leg curls *SS* glute ham raises

Lying leg curls on ground with dumbbell between feet *SS* Dumbbell step ups on bench

Reverse hack squat stiff leg lift for hamstrings *SS* regular hack squats

Leg extension *SS* goblet squats

Leg press (shoulder width) *SS* calf raises off the bottom of the leg press plate

WEEK 1

SHOULDERS-

Seated side lateral raises *SS* seated rear lateral raises

Front dumbbell raises *SS* Dumbbell upright rows

Seated dumbbell shoulder press *SS* dumbbell shrugs

WEEK 2

SHOULDERS-

Seated machine side lateral raises *SS* upright cable rows

Cable rear delt flies *SS* rope front raises (cable between legs)

Barbell shoulder press (front) *SS* dumbbell shrugs (2 second pause at top)

WEEK 3

SHOULDERS-

Single arm cable side lateral raise *SS each arm back to back with no rest

Single arm cable rear lateral raise *SS each arm back to back with no rest

Front raises with plate *SS* upright rows

Arnold dumbbell presses *SS* dumbbell shrugs

WEEK 4

SHOULDERS-

Dumbbell side lateral raises *SS* front raises *SS* upright rows

Machine shoulder press *SS* Reverse peck deck for rear delts

Smith machine shrugs (front) *SS* shrugs (behind the back) (2 second squeeze at top)

WEEK 1

ARMS-

Triceps-

Straight bar press downs (overhand) *SS* press downs (underhand)

Close grip bench press *SS* dips off bench

Dumbbell skull crushers on incline bench *SS* incline dumbbell curls

Biceps-

Straight bar curls (wide grip) *SS* straight bar curls (close grip)

Reverse curls *SS* hammer curls

Forearms-

Dumbbell wrist curls (curl in) *SS* wrist curls (opposite direction)

WEEK 2

ARMS-

Biceps-

Dumbbell curls (back against pole) *SS* barbell drag curls

Preacher curls (narrow grip) *SS* preacher curls (wide grip)

Reverse barbell curls *SS* diamond pushups on bench

Triceps-

Rope press downs *SS* overhead rope extensions

Dumbbell kickbacks *SS* dips

Forearms-

Barbell wrist curls with back of forearms on knees and palms up (curl back toward you) *SS* flip grip with palms down and twist back like revving a motorcycle

WEEK 3

ARMS-

Triceps-

Dip machine *SS* v-bar press downs

Skull crushers *SS* close grip bench with e-z-bar

Rope press downs *SS* rope hammer curls

Biceps-

Dumbbell curls *SS* reverse curls

Lying cable cable curls (wide grip)*SS* (narrow grip)

Forearms-

Seated cable wrist curls (overhand) *SS* (underhand)

WEEK 4

ARMS-

Biceps-

Zottman curls *SS* cross body hammer curls

Wide grip dumbbell curls *SS* concentration curls

Curl machine *SS* tricep extension machine

Triceps-

Cable kickbacks *SS* cross cable extensions (grab by balls behind clips)

Overhead dumbbell extension *SS* dips until failure off bench

Forearms-

Front lever lift with bar *SS* back lever lift with bar

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