

# CHEAT SHEET FOR SAFE SUPERSET WORKOUTS

Use these combinations to put together more effective superset workouts.

## SET 1

10 reps for each exercise

## SET 2

8 reps for each exercise

## SET 3

6 reps for each exercise

## SET 4

4 reps for each exercise



Squats / Back Rows

Bench Press / Back Extensions



Dumbbell Lunges / Dumbbell Overhead Presses



Deadlifts / Dips



Overhead Press / Bent-over Rows

