

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

