



## Maintain Not Gain Strength Workout A

A **superset** is a pair of exercises performed back to back without rest. This technique allows for a more effective and time-efficient workout.

**Directions:** Perform each superset for a total of 3 sets of 12 repetitions, then move on to the next superset. Record the weight or resistance in the Notes section below each set, tracking your improvement over the next 6 weeks.

SUPERSET 1	
<b>Deadlift</b> (12 reps/set)	<b>Shoulder Press</b> (12 reps/set)
	
Stand with mid-foot under the bar, with a hip-width stance. Grab the bar, hands just outside legs. Bend knees. Lift chest and straighten back. Pull bar up along legs until standing upright.	Bend elbows and raise upper arms to shoulder height so dumbbells are at ear level. Push overhead until dumbbells touch slightly. Do not arch lower back.
Complete 3 sets	
Weight/Resistance/Notes:	

SUPERSET 2	
<b>TRX Chest Press</b> (12 reps/set)	<b>TRX Row</b> (12 reps/set)
	
Suspend straps chest height. Face away from the anchor and slowly bend arms and let your torso lower between arms. Push back into hands to return to the starting position.	Suspend straps around chest height. Take a handle in each hand and lean back. Keep your body erect, and your arms fully extended. Flex the elbow, protract your shoulder blades as you pull your chest upwards.
Complete 3 sets	
Weight/Resistance/Notes:	

**Safety first!** These exercises are intended for healthy adults capable of safely performing the exercises demonstrated herein. Not all exercises may be appropriate for your current level of fitness. You understand there may be health risks associated with activities requiring physical exertion; as such, perform these exercises at your own risk. Consult your physician before starting any exercise program. Consult Fitness Center staff if you have questions regarding these or other appropriate exercises for your current fitness level.

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CHANGES  
EVERYTHING



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