

## 5 Day Super Set Workout

**\*Intermediate\***


### Shoulders



<b>Rope Facepulls</b> 4 SETS / 16-20 REPS	<b>Cable Front → Overhead Raise</b> SUPERSET 12-16 REPS 60 SEC REST	<b>Bent Over DB Lateral Raise</b> 4 SETS / 12-16 REPS	<b>Standing DB Shoulder Press</b> SUPERSET / 10-12 REPS 90 SEC REST
<b>DB Angel Raises</b> 5 SETS / 10-12 REPS	<b>EZ Bar Upright Row</b> SUPERSET / 12-15 REPS 90 SEC REST	<b>Cardio of Choice</b> 25 MIN	


### Chest



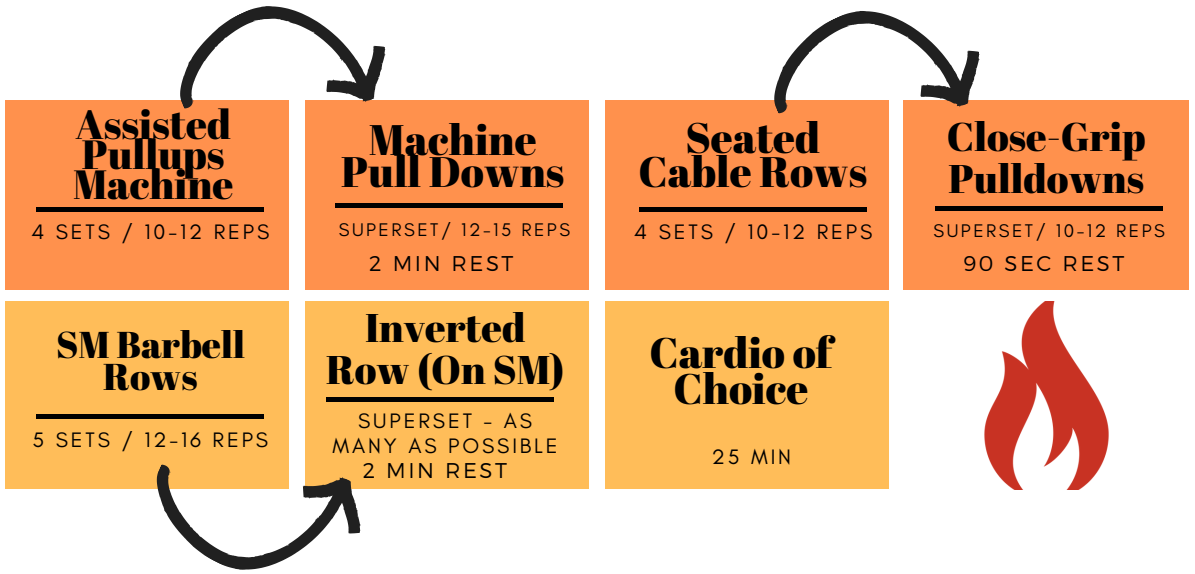
<b>Cable Fly</b> 4 SETS / 12-16 REPS	<b>Machine Incline Press</b> SUPERSET / 10-12 REPS 90 SEC REST	<b>DB Flat Press</b> 5 SETS / 10-12 REPS	<b>Push Ups</b> SUPERSET - AS MANY AS POSSIBLE 2 MIN REST
<b>Fly Machine</b> 4 SETS / 12-16 REPS	<b>BW Dips</b> SUPERSET - AS MANY AS POSSIBLE 90 SEC REST	<b>Cardio of Choice</b> 25 MIN	

### Legs

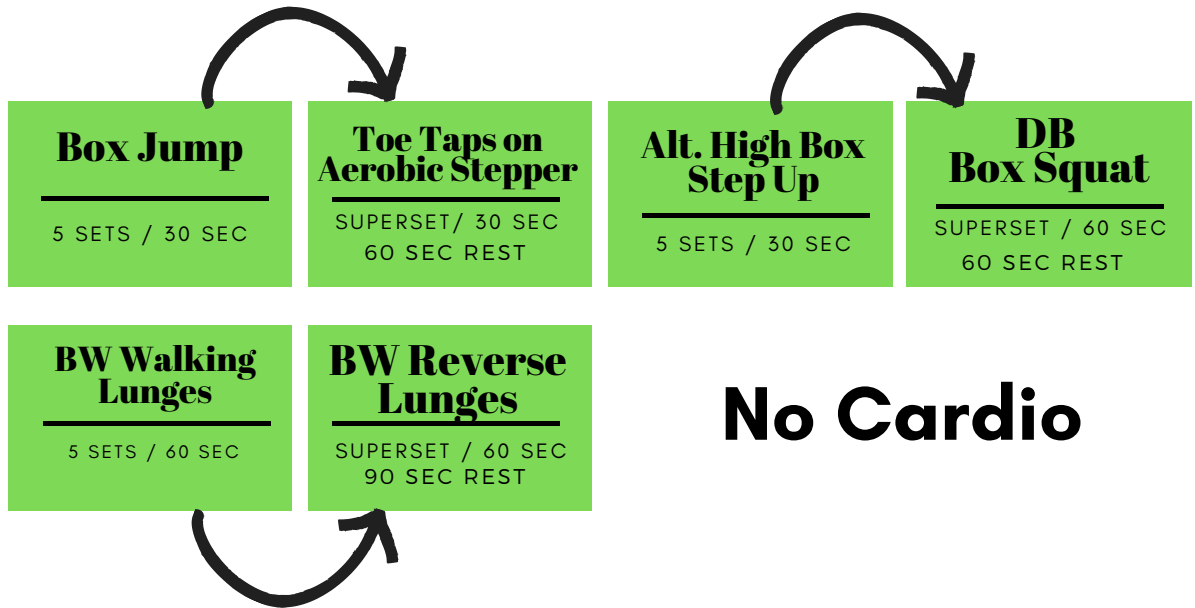


<b>Machine Squats</b> 4 SETS / 10-16 REPS	<b>Leg Extensions</b> SUPERSET / 16-20 REPS 2 MIN REST	<b>Hip Thruster</b> 5 SETS / 10-12 REPS	<b>Lying Leg Curls</b> SUPERSET / 10-12 REPS 2 MIN REST
<b>Alt. DB Step Ups</b> 4 SETS / 10-12 REPS	<b>DB Walking Lung</b> SUPERSET / 24 STEPS 90 SEC REST	<b>Cardio of Choice</b> 15 MIN	

### Back



### Legs II Circuit



**No Cardio**