



SUPER-NUERO



*All exercises below are to be performed with max intent for enhanced neural drive and intramuscular coordination adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises

No.	Movement Type	Exercise Options	Intensity (Percent)	Duration (seconds)
1	Lower Body Push	Split Squat Deadlift, Trap Bar Squat, RFE Deadlift, Belt Squat, Belt Split Squat	N/A (overcoming isometric)	5-7s ea (single leg) 7-10s (double leg)
2	Upper Body Pull	Chest Supported Row, Pull Up, Chin Up, Pullover	N/A (overcoming isometric)	10-12s
3	Shoulder Girdle/Arms	BO Reverse Fly, Lateral Raise, Front Raise, Shrug, Curl, Tricep Pushdown	N/A (overcoming isometric)	10-12s
4	Lower Body Pull	SL Hip Thrust, RDL, SL Reverse Hyper	N/A (overcoming isometric)	5-7s ea (single leg) 7-10s (double leg)
5	Upper Body Push	Bench Press, Z-Press, Close Grip Bench Press, Shoulder Press, Dip	N/A (overcoming isometric)	10-12s
6	Ankle/ Hip Girdle	Standing Calf Raise, Bent Knee Calf Raise, Groin, Glute	N/A (overcoming isometric)	10-12s

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