



# SUPER-STRENGTH



\*All exercises below are to be performed with max intent for maximum force and motor unit recruitment 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 (reps)
1	Lower Body Push	Split Squat, Back Squat, Front Squat, Box Squat, Lunge, Trap Bar DL, Step Up, RFE Squat	75-100%	2-3ea (single leg) 3-5 (double leg)
2	Upper Body Pull	Chest Supported Row, SA Row, Pull Up, Chin Up, Pullover, Landmine Row	75-100%	4-6
3	Shoulder Girdle/Arms	BO Reverse Fly, Lateral Raise, Shrugs, Skull Crusher, JM Press, Curl, Hammer Curl	N/A	6-8
4	Lower Body Pull	DB Hip Thrust (shoulder elev.), DB Hip Thrust (feet elev.), DB RDL	75-100%	3-5ea (single leg) 4-6 (double leg)
5	Upper Body Push	Bench Press, Incline BP, Decline BP, Close Grip BP, Shoulder Press, Z-Press, Dips, Landmine Press, Floor Press	75-100%	3-5
6	Ankle/ Hip Girdle	Standing Calf Raise, Bent Knee Calf Raise, Groin Plank, Glute Plank, Prone Plank	N/A	6-8

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