



SUPER-STRUCTURAL



*All exercises below are to be performed with max intent for connective tissue development and increased muscle cross sectional area

*Perform 2-4 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, RFE Squat, Lunge	50-80%	4-6ea (single leg) 6-8 (double leg)
2	Upper Body Pull	Pull Up, Chin Up, DB Chest Supported Row, DB SA Row, DB Pullover	50-80	8-10
3	Shoulder Girdle/Arms	BO Reverse Fly, Lateral Raise, Shrugs, Skull Crusher, JM Press, Curl, Hammer Curl	5-15lb	10-15
4	Lower Body Pull	DB Hip Thrust (shoulder elev.), DB Hip Thrust (feet elev.), DB RDL	25-55%	6-8ea (single leg) 8-10 (double leg)
5	Upper Body Push	Bench Press, Incline BP, Decline BP, Close Grip BP, Shoulder Press, Z-Press, Dips, Landmine Press, Floor Press	35-65%	6-8
6	Ankle/Hip Girdle	Standing Calf Raise, Bent Knee Calf Raise, Groin Plank, Glute Plank, Prone Plank	N/A	10-15

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