

# EXERCISE Supersets

By Cathal Fanning

- **Description**
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- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

One example of a superset, which we're going to show you now, is an “antagonist superset” which is where we're working opposing muscle groups.

At this point, I'm going to be asking Dom to go to the bench to do the Chest Press - working chest, shoulders, and triceps. Then moving straight into the opposing muscle group with a Bent-Over Row where we work the mid and upper back, rear shoulder and biceps.

(To Dom) So Dom, if I could ask you to bring the dumbbells to the thigh and then lie onto the bench, starting in the top position.

Now, depending on what you're working on with your client, you might work to an allotted rep range or to a point of just before fatigue.

(To Dom) So Dom, if you just do one more rep for me and then bring the dumbbells back to the thighs.

At this point we don't rest. We go straight from there into the Bent-Over Row. So setting yourself up: feet hip-width apart, hips go back. Move down to the bar, and then as soon as you're ready, bring the bar in towards your tummy.

At this point, we're now working the opposing muscle groups - the mid and upper back, the biceps and rear shoulders.

Again, depending on the rep range, you might probably do the same reps back-to-back with each other, or depending on your client's goals, a different rep range.

(To Dom) Again, just do one more for me, Dom, and come to rest there.

Excellent.

# Main Muscles Involved

These will differ according to which exercises you choose in your Superset.

