

EXERCISE

Giant Set

By Cathal Fanning

- **Description**
- **Coaching Points**
- **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].

Giant Set. What is a Giant Set and how do we use it? A Giant Set is effectively four exercises or more, back to back with little to no rest - sort of like a mini circuit.

There are various ways that you can set this up. The example we are going to show you though, is an upper-body, lower-body, upper-body, lower-body set up.

The first exercise that we're going to go through is a Standing Shoulder Press.

(To Dom) So Dom, if you bring the dumbbells up to the shoulders and once you're ready, start to perform the repetitions.

We're starting with an upper body exercise here, working the shoulders and triceps. And then we'll go straight into a lower body exercise.

(To Dom) One more for me, Dom. Bring the dumbbells down by your sides and into a lunge.

We're going from an upper body exercise straight into a lower body exercise, making it even more difficult by using the same weight. So we have got literally no rest between each exercise and station.

(To Dom) And the last one for me, Dom. Now going back to an upper body exercise - so bicep curls working now on the front of the arm.

It's also a good way to increase our cardiovascular output. So we've gone from an upper body exercise to a lower body exercise, back to an upper body exercise. The blood is really having to pump around the whole body and work hard to get to the muscles.

(To Dom) And the last one, Dom. And then go straight into Dumbbell Squats. So - feet hip-width apart and then into the squats.

So again, we've used a multitude of exercises - some compounds, some more focused on individual muscles. There are lots of ways you can do this. You can do this with the same muscles or like we've done here - upper body, lower body, upper body, lower body.

(To Dom). Just two more for me, Dom and relax. Rest there.

Main Muscles Involved

This depends on the exercises you choose for your Giant Set.

