Supersets Workout

Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
Day 1												
Chest/Back/Abs												
Superset 1												
Dumbbell incline press 3 X 8-12 rep												
Cable Row 3 X 12-16 rep												
Superset 2												
Bench press 3 X 8-12 rep												
_at pulldown 3 X 12-16 rep												
Superset 3												
Dips body weight 3 X failure												
Bent over dumbbell row 3 X 12-16 rep												
Superset 4												
Cable crossover 3 X 8-12 rep												
Close grip pulldown 12-16 rep												
Superset 5												
Hanging knee raises with twist 3 X failure												
Weighted crunch 3 X 12-16 rep												
Day 2												
Legs												
Superset 1												
Leg press 4 X 8-12 rep												
Hamstring curl 4 X 12-16 rep												
Superset 2												
Leg Extensions 4 X 8-12 rep												
Stiff legged deadlift 4 X 12-16 rep												
Superset 3												
Calf Raises 3 X 12-16 rep												
Seated calf raises 3 X 12-16 rep												
Day 3												
Rest												

Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
					- U					0		<u> </u>
Day 4												
Shoulders/ Abs												
Superset 1												
Seated dumbbell lat raise 3 X 8-12 rep												
Barbell shrug 3 X 12-16 rep												
Superset 2												
Cable front raise(single arm) 3 X 8-12 rep												
Cable rear delt 3 X 12-16 rep												
Superset 3												
Dumbbell Shoulder press 3 X 8-12 rep												
Front plate raise 3 X 12-16 rep												
Superset 4												
Plank 3 X failure												
Reverse crunch 3 X failure												
Day 5												
Arms												
Superset 1												
Dumbbell curl 3 X 8-12 rep												
Bench dip 3 X failure												
Superset 2												
Cable curls 3 X 8-12 rep												
Tricep press down 3 X 12-16 rep												
Superset 3												
Seated hammer curls 3 X 8-12 rep												
Dumbbell kick back 3 X 12 -16 rep												
Superset 4												
Forearm curl 3 X 12-16 rep												
Reverse forearm curl 12-16 rep												
Day 6												
Rest												
D. 7												
Day 7												
Rest												

Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
			55	J	3	J	J	33	3		3	J.:
Day 8												
Chest/Back/Abs												
Superset 1												
Cable Row 3 X 8-12 rep												
Dumbbell incline press 3 X 12-16 rep												
Superset 2												
Lat pulldown 3 X 8-12 rep												
Bench press 3 X 12-16 rep												
Superset 3												
Bent over dumbbell row 3 X 8-12 rep												
Dips body weight 3 X failure												
Superset 4												
Close grip pulldown 8-12 rep												
Cable crossover 3 X12-16 rep												
Day 9												
Legs												
Superset 1												
Hamstring curl 4 X 8-12 rep												
Leg press 4 X 8-12 rep												
Superset 2												
Stiff legged deadlift 4 X 8-12 rep												
Leg Extensions 4 X 12-16 rep												
Superset 3												
Seated calf raises 3 X 12-16 rep												
Calf Raises 3 X 12-16 rep												
Day 10												
Rest												

Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
	-	-										
Day 11												
Shoulders/ Abs												
Superset 1												
Barbell shrug 3 X 8-12 rep												
Seated dumbbell lat raise 3 X 12-16 rep												
Superset 2												
Cable rear delt 3 X 8-12 rep												
Cable front raise(single arm) 3 X 12-16 rep												
Superset 3												
Front plate raise 3 X 8-12 rep												
Dumbbell Shoulder press 3 X 12-16 rep												
Superset 4												
Reverse crunch 3 X failure												
Plank 3 X failure												
Day 12												
Arms												
Superset 1												
Bench dip 3 X failure												
Dumbbell curl 3 X 12-16 rep												
Superset 2												
Tricep press down 3 X 8-12 rep												
Cable curls 3 X 12-16 rep												
Superset 3												
Dumbbell kick back 3 X 8-12 rep												
Seated hammer curls 3 X 12-16 rep												
Superset 4												
Reverse forearm curl 12-16 rep												
Forearm curl 3 X 12-16 rep												
Day 12												
Rest												
Day 13												
Rest												