



## Weight-Lifting for Power Super Sets

Complete 1 to 3 Circuits, Resting ~30 seconds Between Couplets (2 exercises each)

begin with a dynamic warm-up before completing this workout

Exercise	Suggested Reps	Weight Used	Reps You did
Thrusters	10		
Sumo Deadlift High pulls	10		
Chest Flys	10		
Renegade Rows	10		
In Place DB Lunges	10		
Side DB Lunges	10		
Hammer Curls	10		
Tricep Extensions	10		

As a cool down we suggest a light jog, then  
**Stretch it Out!**