

FIT CHICKS®

"Upper Lower Superset" WORKOUT

Supersets are amazing since you are resting one body part while another is working, that means you can get more done in less time!

Complete each set of 2 exercises 3 times each with no rest before moving onto the next set.

Superset One: Goblet Squats + Overhead Press

Superset Two: Deadlifts + Push Ups

Superset Three: Alternating Lunges + Wide Rows

Choose your intensity!

Level 1 - 3-5 pound weights

Level 2 - 8-10 pound weights

Level 3 - 15-20 pound weights

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