



Overlapping Exercise Pairings - Beyond Supersets

Rest Intervals in Overlapping Pairings

- ▶ The amount of rest between exercises influences the impact of early exercises on later exercises.
- ▶ This can be from significant to not at all.
 - ▶ Biomechanical overlap * Rest
 - ▶ The more similar the exercises, the more impact at a given rest interval

Rest Intervals in Overlapping Pairings

- ▶ Very similar exercises with little to no rest, are similar to a load drop set
- ▶ As the difference in exercise increases, the stimulus broadens
- ▶ As the rest increases the intensity options and performance increase
- ▶ Like for extended sets, there will be sweet spots for different goals of intensity, volume, and efficiency.

Non Exclusive - Categories for pairings

- ▶ Same muscle, (divisions or group)
 - ▶ Synergist (divisions, muscles, groups)
 - ▶ Convergent Supersets
 - ▶ Bi/multi-articular supersets
- ▶ ROM Bias Supersets
 - ▶ Muscle Length Supersets
 - ▶ Resistance Challenge Supersets
 - ▶ Big small ROM/challenge
- ▶ Regional Bias Supersets
 - ▶ Pre/Post Exhaust
 - ▶ Compound Isolation Supersets
 - ▶ Divisional/Regional Supersets
- ▶ Intensity Leveraged Supersets
 - ▶ Heavy Light Supersets, Maintaining Intensity, Super Drops
- ▶ Tri sets and Giant sets (≥ 4 exercises)
- ▶ Super Duper Sets (supersetting supersets)

Same Muscle Supersets

- ▶ This can be viewed at different levels
 - ▶ Muscle division/region (biceps short head x2)
 - ▶ Muscle (biceps x2)
 - ▶ Muscle Group (elbow flexors x 2)
- ▶ Convergent Supersets
 - ▶ This is used to describe pairings of different regions of the same convergent muscle. (Upper & lower Pecs or lats). It's just a way of categorizing these a bit more specifically.
- ▶ Bi/Multi-articular Supersets
 - ▶ This is used to describe pairings where the same muscle is worked at two different joints. (Hamstring biased RDL + Leg Curl)
- ▶ Synergist supersets is the term used when the intention is to work two different muscles or regions that have a similar action.
 - ▶ This is typically used when there are ways to bias different muscles/regions that share a common joint action/function. (Brachialis Biased Curl + Biceps Curl)

ROM Bias Supersets

- ▶ These pairings bias either the muscle length, resistance challenge or both differently across the exercises for the same muscle.
 - ▶ Muscle Length Only Supersets
 - ▶ Same action and challenge but different muscle lengths. (Shoulder extended curl + shoulder flexed curl)
 - ▶ Resistance Challenge Only Supersets
 - ▶ Same ROM but different Resistance Challenge (Changing the settings on a prime machine, or moving the pulley for a lateral raise)
 - ▶ ROM Bias
 - ▶ Changes both the muscle length and challenge. (Spider curl + facing away cable curl)
 - ▶ Big + small ROM/challenge
 - ▶ This is where one exercise has a large ROM, or full challenge and the other a smaller ROM, or only a challenge in a small portion of the exercise. This can fit in many other categories as well.

Regional Biased Pairings

- ▶ Regional biased pairings just refers to pairings where the intention is to have exercises that bias different regions/muscles.
- ▶ This can be more similar such as a convergent superset, or superset between bicep heads, or more different such as quad biased leg press into a glute biased leg press.
 - ▶ Divisional/Regional Supersets
 - ▶ Pairing specific/biased exercises for different regions with each other.
 - ▶ Short head biceps + long head biceps
 - ▶ Pre Exhaust - Often, but not always a more specific exercise into a less specific exercise. Can also be two exercises of similar specificity that share an overlapping action/fatigue.
 - ▶ This is used when the intention is to use fatigue from exercise one to alter the outcome of the later exercise. This can be used to change the bias of the second exercise, or as a load management strategy
 - ▶ Post Exhaust - Often but not always a less specific exercise followed by a more specific exercise.
 - ▶ This is used when the goal is to extend the stimulus of one of the muscles involved in the early exercise beyond what it gets from the first exercise. You can think of it as doing an extended set for only a specific muscle or region.
 - ▶ This can also be used as a load or RIR management strategy, where the first exercise can be throttled because stimulus will be extended in the later exercise.
 - ▶ Compound Isolation Supersets
 - ▶ Pairing single and multiple joint exercises.

Intensity Leveraged Pairings

- ▶ This is when you are intentionally altering the variables to hit specific intensity ranges across the pairings.
 - ▶ Descending Intensity - when you intentionally increase the intensity drop across the exercises.
 - ▶ Heavy Light Method
 - ▶ The first exercise is done with lower reps than the second or later exercises
 - ▶ Maintaining Intensity
 - ▶ Increased rest and/or drop in reps in the later exercises is used to allow for greater loads to be used in the later exercises.
 - ▶ Can be combined with rest pause in later exercises to increase volume.
 - ▶ Super Drop Sets
 - ▶ Combining Super sets with drop sets to increase the intensity range. The drop set is usually applied to the second or last exercise. This can also be a way of equating volume across the exercises as well.

Tri sets Giant Sets and going beyond 2 exercises

- ▶ The more exercises the more you can broaden the stimulus across regions, motor units, and/or muscles.
- ▶ The more exercise the more you have to look at performance: fatigue and monitor the intensity ranges you are getting to.
- ▶ This is especially true if applying descending intensity methods like 8,8,15 or 6,12,25 etc

CHOOSING AND PROGRAMMING

SUPER DUPER SETS – SUPERSET SUPERSETS

▶ 4+ EXERCISES, ALTERNATING SUPERSETS, COMBINING OVERLAPPING AND NON OVERLAPPING EXERCISES

▶ OPTION 1

▶ A1-2 SAME MUSCLE GROUP , A3,A4 ALTERNATE

- ▶ A1 - INCLINE PRESS
- ▶ A2 - COSTAL PRESS
- ▶ A3 - ILIAC PULLDOWN
- ▶ A4 - THORACIC ROW

▶ OPTION 2

▶ A1, A3 SAME MUSCLE GROUP, A2, A4 ALTERNATE

- ▶ A1 - INCLINE PRESS
- ▶ A2 - ILIAC PULLDOWN
- ▶ A3 - COSTAL PRESS
- ▶ A4 - THORACIC ROW



Evening out stimulus across exercise pairings

- ▶ Increase rest between exercises
- ▶ Super Duper Sets
- ▶ Extended set methods in second or later exercises
 - ▶ Rest Pause, Drop Sets
 - ▶ A1 - 8RM taken to failure
 - ▶ A2 - 12RM reaches failure at 8 reps, rest pause and get 4 more reps.
 - ▶ Both exercises got the volume of 1 set to failure at the given intensity level.

Evening out stimulus across exercise pairings

- ▶ Maintaining Intensity
 - ▶ A1 - 8RM taken to failure
 - ▶ A2 - 8RM reaches failure at 4 reps, rest pause and get 4 more reps.
 - ▶ Both exercises got 8 reps at the 8 RM
- ▶ Descending Intensity
 - ▶ A1 - 8RM taken to failure
 - ▶ A2 - 8RM reaches failure at 4 reps, drop to 12RM and get 4 more reps, then 15RM and get 3 more.

Practically Using Extended Sets & Pairings

- ▶ Use these tools to optimize:
 - ▶ Stimulus
 - ▶ Efficiency
 - ▶ Exercise limitations
 - ▶ Logistic Limitations
 - ▶ Loading Limitations/Management
 - ▶ Symmetry is for the stage not the spreadsheet.