

SUPER SET Challenge!

JUNE 1 - 30 2017



Complete 20 of the super sets below by June 30th 2017. Submit completed form to Sports West Fitness. (no repeats!)
Be sure to start each session with a dynamic warm-up!

REPEAT	EXERCISE Questions? Ask any of our Sports West fitness coaches for help!	Completed
3X	20 mountain climbers/15 cable or cord row/20 fit ball ham curl	
3X	20 jumping jacks/20 body-saw planks(TRX®)/20 hip bridge(TRX® or floor)	
3X	15 push-ups/15 lat pull-down/20 reverse crunches	
3X	Ascend stairs skipping step x3 / 15 seated db curl to press	
3X	15 pallof side-steps(l/r)/15 cord or cable lift l/r	
3X	40 TRX® ham runners/30 TRX® high plank hip flex runner	
3X	15 side plank top leg raise l/r / 20 TRX® squat to row / 15 ankle cuff kick l/r	
3X	150' versa climber / 200 m row machine	
3X	40 high knees / 40 butt kickers / 20 slalom	
3X	20 lunges / 15 push ups / 15 straight arm pull down (cable or cord)	
3X	20 kettlebell swing / 15 supine snow angels(cable or cord)	
3X	30 lateral db squat l/r / 15 side crunches l/r	
3X	15 cable or cord-fly with squat / 15 cable or cord reverse fly with reverse squat	
3X	3 min treadmill (mod-hi intensity) / 20 TRX® hip bridge abduction	
3X	15 db biceps curl / 15 db tri kickback / 15 db lawn mower l/r	
3X	30 scissor jumping jack / 15 db shoulder press / 15 db pullover	
3X	20 fit ball feet-to-hand / 20 fit ball superman	
3X	15 ankle cuff cord or cable abduct l/r / 15 ankle cuff cord or cable adduct l/r / 10 spider push-ups	
3X	15 db deadlift / 30 crunches / 10 db rear leg elevated squat (l/r)	
3X	15 cable or cord tricep press / 50 jump rope or air jump rope	
3X	20 body-bar squat to diagonal press / 15 TRX® fallout to ext.	
3X	20 sec. battle rope waves / 10 down dog push-ups / 20 crunches	
3X	2 min stair-stepper / 20 fit ball ham curls / 200 m row machine	
3X	5 kb tgu l/r / 15 kb - fit ball pull over / 10 fit ball pike push-up	
3X	20 low plank pilate rotation l/r / 20 wiper hi up	
3X	15 ankle cuff cable or cord skip jump l/r / 15 ankle cuff cable or cord glute kick	