

Training Tip of the Week

Had a few great training sessions this week, and here is this week's best training tip that I want to share with you. Always Use Non-competing Supersets in Your Workouts As you may know, I only use supersets of non-competing exercises in my training programs. That means that the two exercises in the superset must not interfere with one another. For example, the first exercise, let's say a dumbbell press, must not interfere with the second exercise, say a dumbbell row. That's a nice little upper body superset right there. One of the tough things about designing the perfect non-competing superset is to avoid fatiguing your grip. For example, pairing a Dumbbell Row and a Dumbbell Split Squat are perfect in theory (because you are training upper body and lower body), but both exercises demand a lot from your grip. So it would make for an ineffective superset (both exercises would fail in grip first, before the back or leg muscles fatigued). On Thursday I did a superset of exercises that I had never done before: Barbell squats and wide-grip seated rows. It was a great combination with absolutely no competition between muscle groups or grip - so I could work very heavy in both exercises - therefore leading to the most "turbulence" on my body - and therefore, the best training results. An alternative bodyweight version of that superset would be Pistols supersets with Pullups - talk about a tough, functional superset. Even the world's strongest man would have a tough go with those.

About the Author

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