

Superset it

Get stronger while saving time

My entrance into the world of gym-going was a long, hard process that started with simple activities like running and riding a bike. After I got used to moving my body and having some semblance of muscles, I started lifting weights regularly to build up and define those muscles, which lead to increased time at the gym with long rest periods in between each set of iron pumping. Now, I'm in the thick of studying to become a personal trainer, and I'm learning more efficient ways of building up strength. If I only knew then what I know now, I could have been using my time much more effectively to more quickly reach my goal of being healthy and fit. One of the best ways to get in shape is to multitask with supersets.

WHAT is a superset

A superset is doing two exercises back to back without any rest in between them. One of the exercises is normally done in a more stable environment (think crunches lying on the floor), whereas the other is normally performed in a less stable environment (think crunches on the stability ball). There are multiple ways of using supersets to your advantage.

WHY superset

The rationale behind supersetting similar movements is to hit the main muscle twice, and as the main muscle gets fatigued in the second exercise, the surrounding muscles kick in to support it, working both groups simultaneously. The goal is to work the main muscle first, then immediately follow that exercise with one that challenges the main muscle and the stabilization (surrounding helper) muscles. This process forces the body to change during recovery, resulting in muscle growth, more lean muscle mass, and an increase in calories burned. You'll also have better posture, and better joint control.

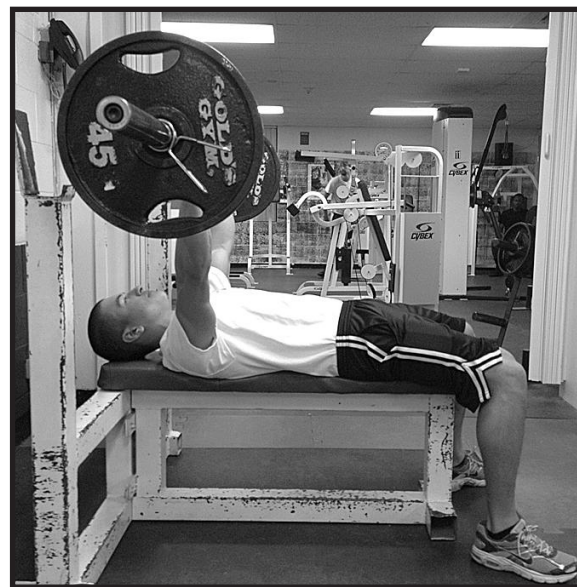
PUT INTO ACTION chest superset

One example of a great chest superset is performing a standard bench press immediately followed by a stability ball push-up (see photos).

Performing supersets will save time, increase intensity and keep your workouts interesting. So, next time you're in the gym, try incorporating a superset into your workout. I'll bet you leave feeling like superman.



By Kurtis Breed, a fitness instructor at the Oneonta YMCA.



Supersetter Mathew Frankel performs a chest superset by first working the chest muscles with presses on an incline bench (left), then with push-ups on a stability ball (below).

Supersets are dual exercises performed in immediate succession that work a main muscle and those surrounding it.



**BECOME AN ACTIVE MEMBER
WITH THE YMCA**



Offering:
Boot Camp, Zumba,
Spin, Family Zumba,
YogaFit, Yoga & More!



Oneonta Family YMCA | 20 Ford Ave., Oneonta, NY | 607-432-0010 | www.oneontaymca.org