

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT THREE - SUPER SETS OPPOSING.

OVERVIEW: This workout uses super sets to increase the total volume in the session with each super set working different muscle groups so minimum rest is required between each exercise in the set.

	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Row	Alternating Row	Neutral	Neutral	70%
EXERCISE 2.	Drive	Alternating Drive	Neutral	Neutral	70%

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		20kg/44lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		20kg/44lb + 3 bands
EXERCISE 2 .	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		20kg/44lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Lift	Deadlift – Two Hands	Neutral	Narrow	70%
EXERCISE 2.	Lift	Stiff Leg Deadlift - Two Hands	Neutral	Neutral	70%

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		40kg/88lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		40kg/88lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		40kg/88lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	30kg/66lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Overhead	1 Arm Press with Iso Hold in Flexion	Overhand	Neutral	70%
EXERCISE 2.	Row	1 Arm Row with Iso Hold in Flexion	Underhand	Neutral	70%

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		10kg/22lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	20kg/44lb + 3 bands
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		10kg/22lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	20kg/44lb + 3 bands
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		10kg/22lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	20kg/44lb + 3 bands