

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT FOUR - SUPER SETS.

OVERVIEW: This workout uses super sets to increase the total volume in the session with each super working the same movement pattern but with a change in grip or stance to hit the target muscles groups differently.

	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Press	Two Arm Press	Overhand	Single Leg	70%
EXERCISE 2.	Press	Two Arm Press	Underhand	Single Leg	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	10kg/22lb + 2 bands
SET 2.	REPS.	TEMPO.	60 SECONDS.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		10kg/22lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	10kg/22lb + 2 bands
SET 3.	REPS.	TEMPO.	60 SECONDS.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		10kg/22lb + 3 bands
EXERCISE 2.	12	4 - 1 - 2	60 seconds	10kg/22lb + 2 bands

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Row	Two Arm Row	Underhand	Split	70%
EXERCISE 2.	Row	Two Arm Row	Overhand	Split	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	20kg/44lb + 3 bands
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	20kg/44lb + 3 bands
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	20kg/44lb + 3 bands

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Squat	Sumo Squat		Wide	70%
EXERCISE 2.	Squat	Narrow Squat		Narrow	70%

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		80kg/176lb
EXERCISE 2.	12	4 - 1 - 2	60 seconds	80kg/176lb
SET 2.	REPS.	TEMPO.	60 SECONDS.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		80kg/176lb
EXERCISE 2.	12	4 - 1 - 2	60 seconds	80kg/176lb
SET 3.	REPS.	TEMPO.	60 SECONDS.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	12	4 - 1 - 2		80kg/176lb
EXERCISE 2.	12	4 - 1 - 2	60 seconds	80kg/176lb