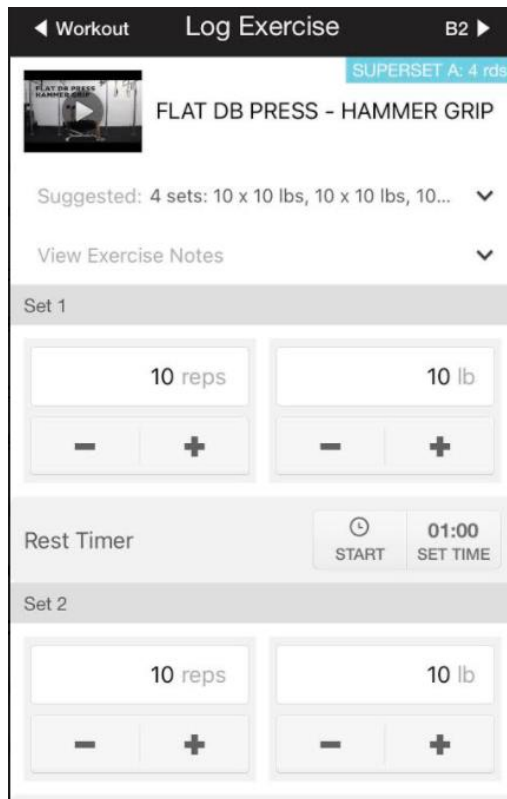


18 STRONG

How to Perform Supersets

To perform a superset, complete exercise # 1 then move on to exercise #2. Keep going thru the exercises until you have finished that superset. Move on to Superset B and C following the same pattern.

The App will automatically take you thru the Supersets by clicking on the arrow ►



Click [HERE](#) to follow along.