

## POWER SUPER-SET

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**WARNING: Consult a physician before starting ANY exercise program and ALWAYS warm-up before starting your workout.**

### **#1 Single leg Squats**

hands on hips....shoulders back...knee and toe in alignment..squat in a controlled movement, stop just before you get to 90 degrees and return to starting position, but DO NOT lock your knee and repeat...**20 each leg**..(squeeze your core as if someone is going to hit you in the belly! This will help you balance)

Rest 15 seconds and move onto #2

### **#2 Squat Jumps**

Hands behind head with your finger tips on your neck..shoulders back...feet slightly wider than hip width....start in squat..just short of 90 degrees...EXPLODE to the ceiling fully extending legs and land back in to the squat SOFTLY....LAND LIKE A FEATHER and squeeze your belly/core when you land to protect your back...repeat for approximately 10-20 repetitions...depends on your fitness level..

Barry Lovelace is the owner of FitQuest Fitness in Allentown, Pa, member of teams Men's Fitness, internationally recognized fitness professional, functional training specialist, columnist and creator of several fitness products. You can visit his website at [www.barrylovelace.com](http://www.barrylovelace.com) Please feel free to email Barry at [barry@barrylovelace.com](mailto:barry@barrylovelace.com)

**SPECIAL NOTE:** Constantly remind yourself or your team to ‘Start in a Squat and Land in a Squat’.

Rest for **30** seconds– 1 Minute..

### **#3 Push up with Alternating shoulder taps**

**SPECIAL NOTE:** THIS EXERCISE IS A SLOW AND CONTROLLED MOVEMENT, NOT AN EXERCISE TO BE PERFORMED QUICKLY.

- Begin in a push-up position with arms fully extended. Shoulders are directly over the wrists & feet wide (just past hip width). You butt is NOT up in the air. You should be straight from your shoulders to your hips.
- Lower your body towards the ground; do not let your elbow joint pass 90 degrees
- Return to starting position (push your chest through the ground as you return to the starting position so you fully use the chest, shoulder and triceps muscles.)
- Hold at the top for 1 second
- Tap right shoulder with left hand
- Return to starting position
- Lower your body towards the ground; do not let your elbow joint pass 90 degrees
- Return to starting position
  
- Hold again for 1 second
- Tap left shoulder with right hand
- Return to starting position
- **Perform as many reps as you can until you feel that you only have 2 more repetitions left then STOP.**

#### **Notes and How to add intensity:**

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-BEFORE beginning the Power Super-Set always start with a proper warm-up and perform before practice in an effort to benefit the most from each exercise.

-Maintain a stable environment definition: The goal is to remain 'square' to the ground and not tilt your hip every time you tap a shoulder. Now, that is the GOAL. With many of my athletes, including professional, they tend to shift their hips which is OK. It may take several attempts to maintain the totally stable environment.

-SQUEEZE YOU CORE as you raise your hand to tap shoulder. Make believe someone is about to punch you in the stomach and SQUEEZE. I also highly suggest you maintain a tight core while performing the push-up as well.

### **Add Intensity:**

-When you are pushing UP, use your entire upper body to press DOWN. Meaning, take the pushing out of the hands and into the muscles you are working or concentrate on pushing your chest and shoulders through the ground and not pushing up with your hands. When you are lowering lead with your chest and shoulders as well. This is a great way to use the muscle your working and gain results QUICKLY.

-As you tap the shoulder lift the leg on the 'same side' of the shoulder you are tapping. If you are tapping the right shoulder, lift the left leg. Lower the leg as you lower your hand. SQUEEZE CORE!

-START with a raised leg! You need to know ahead of time which shoulder you are going to tap FIRST. Raise THAT leg BEFORE you begin lowering your body. As soon as you tap the shoulder, lower that leg as you lower your hand and immediately raise the opposite leg. Continue...GOOD STUFF!

-Perform on a rolled up Yoga mat. Roll up the Yoga mat tightly and place under your hands. This adds an unstable environment in turn recruiting many more stabilizer muscles to bring out more muscle QUICKER. You can also use dumbbells to place under your hands as well.

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-ADD INTENSITY WHEN YOU ARE READY, NOT JUST FOR KICKS AND GIGGLES TO SEE IF YOU CAN DO A HIGHER INTENSITY AND HAVE NOT MASTERED THE LOWER LEVEL PART OF THIS EXERCISE.

**-ALWAYS talk to a physician before starting ANY exercise program.**

-If at any time you feel pain or begin to compensate form for function – STOP! The ‘No Pain – No Gain’ saying is BULL CRAP! Your body knows what is right for you. PLEASE use good judgment.

Rest 1-2 minutes and repeat Super Set 1-4 times

For team training: You can perform this workout (1-4 times through) every other day or 2-3 days per week allowing a minimum of one day in between to benefit the most.

The entire workout should only take approximately 6-8 minutes for 3 rounds.

**Remember to go at YOUR OWN pace..:)**

**Don't Try This At Home! ;)**



In Good Health,

*Barry*

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