

Advanced DB Supersets

This is an advanced exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm Up - 30s on, 10s off.	Set 1 - 20s rest	Set 2 - 20s rest	Set 3 - 20s rest	Cool Down - 30s on, 10s off.
High Knees	Exercise A - DB Curls	Exercise A - Alternate shoulder press	Exercise A - DB fly	Bring hands down to alternate knee.
Regans	Exercise B - DB Triceps pushout	Exercise B - Upright rows	Exercise B - DB reverse fly	Hand to foot skips
Shoulder circumduction - double	A - 30s	A - 30s	A - 30s	Banded pec stretch
Chest mobilisation	B- 30s	B- 30s	B- 30s	Neck circles
Elbows together & back	A - 20s	A - 20s	A - 20s	Triceps stretch L
Anterior shoulder openings	B- 20s	B- 20s	B- 20s	Triceps stretch R
	A - 10s	A - 10s	A - 10s	
	B- 10s	B- 10s	B- 10s	
	A - 30s	A - 30s	A - 30s	
	B- 30s	B- 30s	B- 30s	

Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.