



# UW-Oshkosh Strength & Conditioning

## Whole Body Fitness Superset Phase 1



Name: \_\_\_\_\_

Lesson 1:	1	2	3				
Date:							
<b>Superset 1</b>							
<b>Front Squat (Bodyweight or DB)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Crunch (Ft on Ground or Knees Bent; Body Wt or MB)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
12-20							
12-20							
12-20							
Notes:							
<b>Superset 2</b>							
<b>DB Bench Press (Bench or SB; Non-Alternate)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Standing Cable Row (Ath Stance; Retract Shldr Blades)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12 ea							
8-12 ea							
8-12 ea							
Notes:							
<b>Superset 3</b>							
<b>Biceps Curl (Cable Column: Use Straight Bar)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
10-15							
10-15							
10-15							
Notes:							
<b>Double Leg Hip Press On Box</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							

Lesson 2:	1	2	3				
Date:							
<b>Superset 1</b>							
<b>DB Shoulder Press (Standing; Non-Alternate)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Seated Cable Row (Retract first; Close Grip Bar)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Superset 2</b>							
<b>Split Squat (Bodyweight or DB)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-10 ea							
8-10 ea							
8-10 ea							
Notes:							
<b>ObliqueCrunch</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
10-15 ea							
10-15 ea							
10-15 ea							
Notes:							
<b>Superset 3</b>							
<b>Scaption</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
10-15							
10-15							
10-15							
Notes:							
<b>Good Morning (Dowel or Bar)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							

Lesson 3:	1	2	3				
Date:							
<b>Superset 1</b>							
<b>Overhead Squat (Dowel or Bar)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Reverse Pelvic Tilt</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
10-15							
10-15							
10-15							
Notes:							
<b>Superset 2</b>							
<b>DB Incline Press (Bench or SB; Non-Alternate)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Seated Lat Pulldown (Depress Shoulder Girdle First)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							
<b>Superset 3</b>							
<b>Triceps Extension (Cable Column; Use Straight Bar)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
10-15							
10-15							
10-15							
Notes:							
<b>Back Extension (Glute-Ham Machine)</b>							
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	
8-12							
8-12							
8-12							
Notes:							



**UW-Oshkosh Strength & Conditioning**  
Whole Body Fitness Superset Phase 2



Name: \_\_\_\_\_

Lesson 4:	1	2	3
Date:			
<b>Superset 1</b>			
<b>Front Squat (DB or BB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			
<b>Crunch Legs Vertical (Body Wt or MB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			
<b>Superset 2</b>			
<b>DB Bench Press (Bench or SB; Alternate Extended)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>Cable Row (Staggered Stance; Retract Shldr Blades)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>Superset 3</b>			
<b>Biceps Curl (DB or BB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
<b>Hip Pop (DL or SL; On Ground)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			

Lesson 5:	1	2	3
Date:			
<b>Superset 1</b>			
<b>DB Shoulder Press (Alternate Extended)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>Seated Cable Row (Retract first; Wide Grip)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			
<b>Superset 2</b>			
<b>Step-up (Bodyweight or DB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>Russian Twist (Ft Down or Up; Bodyweight or MB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15 ea			
10-15 ea			
10-15 ea			
Notes:			
<b>Superset 3</b>			
<b>Hip Abduction (Standing; Cable Column)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
<b>Romanian Deadlift (DBs or Bar)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			

Lesson 6:	1	2	3
Date:			
<b>Superset 1</b>			
<b>Forward Lunge (Bodyweight or DB)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>Core Bridge Prone / Side</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
20-30 s			
20-30 s			
20-30 s			
Notes:			
<b>Superset 2</b>			
<b>DB Incline Press (Bench or SB; Alternate Extended)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10 ea			
6-10 ea			
6-10 ea			
Notes:			
<b>1-Arm Lat Pulldown on SB (Depress Shoulder Girdle)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			
<b>Superset 3</b>			
<b>Supine Triceps Extension (DB; 2 Arms)</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
<b>Opposite Stability Ball</b>			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12 ea			
8-12 ea			
8-12 ea			
Notes:			