

# 40-MINUTE FULL BODY SUPERSET WORKOUT

MENSFITCLUB.COM

## WARM-UP (3-5 MINUTES)

- Jumping jacks
- High knees
- Arm circles
- Bodyweight squats
- Jump cicles
- Bodyweight squats
- Hip openers
- Walkout + push-up

### SUPERSET 1

**Upper Body Push**  
*Chest, Shoulders, Triceps*

Dumbbell Bench Press  
or Push-Ups  
12-15 reps  
Dumbbell Shoulder Press  
10-12 reps

### SUPERSET 4

**Glutes & Legs Power**  
*Explosive + Strength*

Dumbbell Reverse Lunges  
10-12 reps each leg  
Dumbbell Deadlift to Shrug  
12-15 reps

### SUPERSET 3

**Lower Body Strength**  
*Quads, Glutes, Hamstrings*

- Goblet Squats  
12-15 reps
- Romanian Deadlifts (RD)  
12-15 reps

### SUPERSET 5

**Core + Conditioning**  
**Finisher**

- Plank Shoulder Taps  
45 seconds
- Mountain Climbers  
45-60 seconds

## COOL DOWN (2-3 MINUTES)

- Seated forward fold
- Chest stretch

# Workout Routine Without Paid Ads Complete Beginner Guide To Improving

**Michael Seilmaier**



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