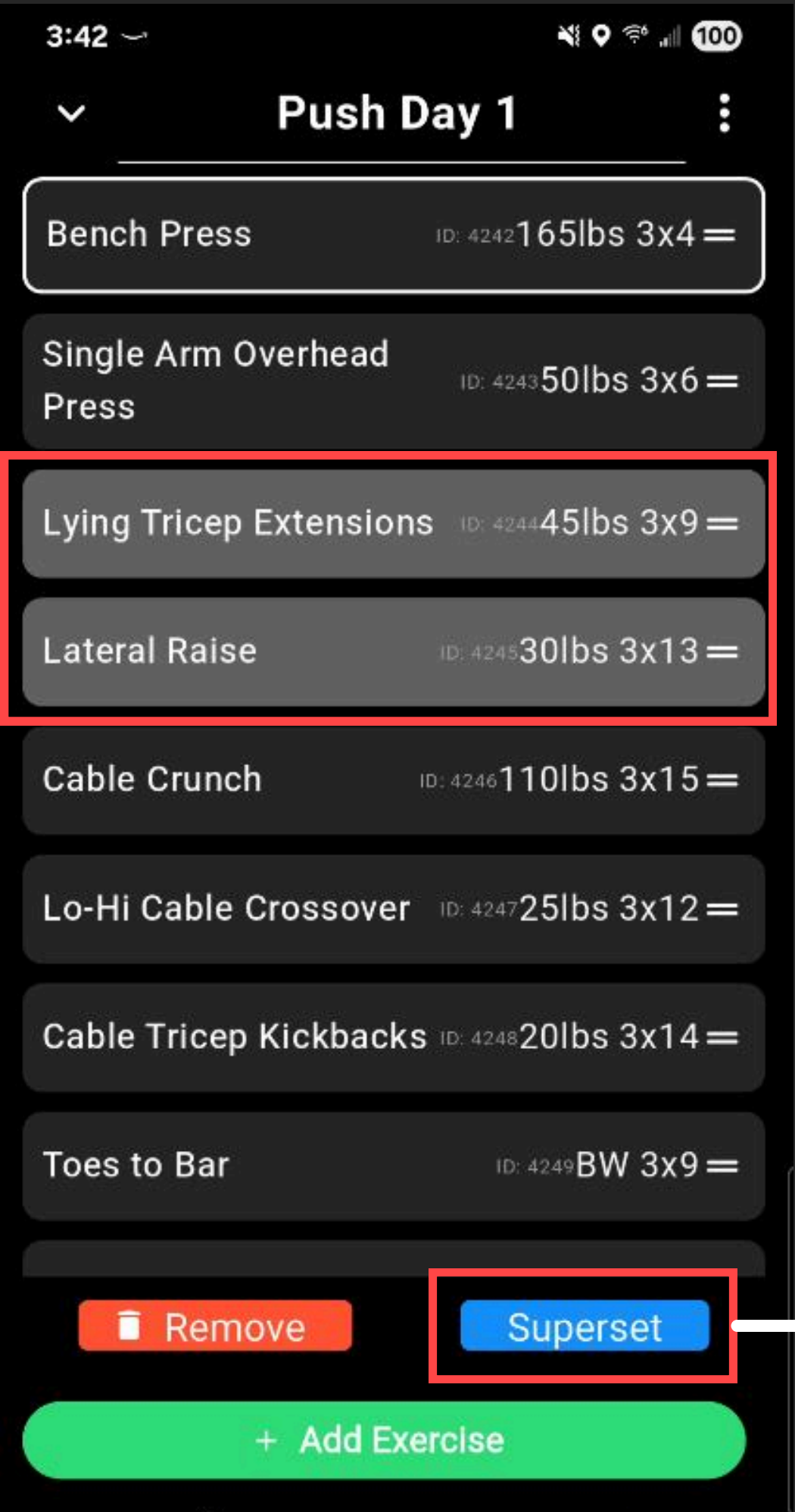# Superset Exercises

You can superset individual exercises in your queue by long pressing exercises in queue, or routine editor.

- To undo a superset, select one of the exercises in the superset, then click superset button to undo the superset

1. Select Exercises

2. Created Superset