

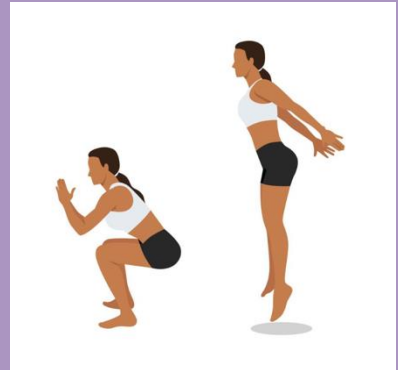
Workout of the Day

Term of the Day: Superset

Performing two different exercises with almost no rest in between.

Warmup:

- 2 x 8 jump squat
- 2 x 8 jumping jacks



Main set:

- 3 x superset:
 - 10 x glute bridge
 - 8 x split squat
- 3 x superset:
 - 10 x dumbbell RDL
 - 8 x step-ups
- 3 x 8 leg press

