

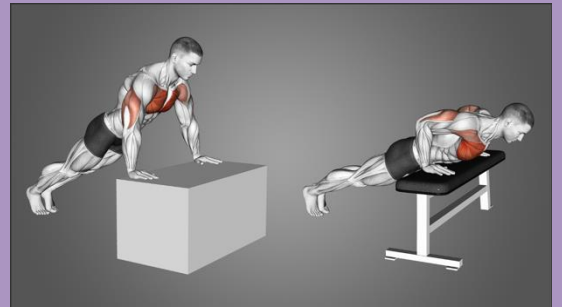
# Workout of the Day

## Term of the Day: Superset

Performing two different exercises with almost no rest in between.

### Warmup:

- 2 x 8 pushups (modified if necessary)
- 2 x 8 jumping jacks



### Main set:

- 3 x superset:
  - 10 x bicep curls
  - 10 x shoulder press
- 3 x superset:
  - 10 x lateral raises
  - 10 x front raises
- 3 x 5 assisted pullup (use as much weight to assist as you need!)

