

SuperheroSprints.com



SUPERHERO



SUPERSETS

**Unique Supersets Designed
To Blowtorch BodyFat, Boost
Metabolism, And Reveal Your Abs!**



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Superhero Supersets

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FatBurningNation.com

DISCLAIMER: The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.

Superhero Supersets

Welcome to Superhero Supersets, where you will find the best fat burning supersets on the Internet.

The workouts provided will be short, *intense*, and can be done in the comfort of your own home with just a few pieces of equipment. Each of the workouts will last less than 30 minutes, and are to be done three times per week.

Each workout will have a sprinting flavor to it, something I know you will enjoy. So get ready to pour sweat and see great results!

I cannot wait to hear all about your success.

Keep me posted on your results.

I will be in touch,

Dennis Heenan, CPT

Founder: FatBurningNation.com

Creator: SuperheroSprints.com

P.S. Don't forget my other sites...

www.FatBurningNation.com - Blog posts, videos, motivation, free gifts, free content, and more.

www.SuperheroSprints.com – Revolutionary six-week workout programs that combines the two most powerful fat burning workouts on the planet!

Join us on Facebook at www.Facebook.com/BodyFitFormula

Tips Before Starting

1. If you are unsure of how to do an exercise, be sure to get instruction from a certified trainer.
2. If something hurts or feels off, don't do that exercise. There are plenty of alternates that you can add in. Please feel free to email *dennis (at) fatburningnation (dot) com* for ideas!
3. Because this is a new program, be sure to start slow to avoid injury. Pushing too hard after not working out for a while will only lead to injury or being overly sore.
4. If you find you need more rest in between exercises, feel free to take it. Over time you should work on shortening your rest periods.
5. This program is demanding so if going three days per week is too much, start by going two days a week with your third day being an "active rest" day (walking, hiking, etc.).
6. Always warm up properly. Be sure you are fully warmed up before starting your workouts.
7. Use a foam roll and stretch consistently. This will greatly help with eliminating soreness throughout the program.
8. Get good rest. You must allow your body to recover from your workouts so be sure you are getting good sleep.
9. Drink lots of water. This will keep you hydrated and allow you to lose fat more easily.
10. Have a cool down period at the end of each workout that includes stretching and foam rolling.

This is important!

Strength Training Guidelines:

Below are some guidelines that you should read through before jumping into the program. The reason I have put these together is to help maximize results while eliminating tons of soreness. Yes, you will get sore and that is fine. What you want to avoid is getting so overly sore that you have to miss a workout.

- **Always start with a warm up:** Your warm up should consist of some dynamic stretching, foam roll, and warm up sets. For example, start by doing some bodyweight squats, lunges, and push-ups before starting. Always be sure your body is fully ready to go before starting.
- **Ease into the program:** As was stated, this is a challenging program so be sure to ease into it.
- **Always have perfect form:** It is much better to have perfect form doing less repetitions than have bad form performing lots of repetitions. Form is very important, so keep focused on it throughout the workouts.
- **Finish with a cool down period:** Once you have finished your workout, always perform a cool down with some stretching and foam roll. This will help eliminated soreness and get you better prepared for the next day.
- **Track your progress:** This is very important as you go throughout the program. Be sure you are tracking everything that you do. This includes the weight you used, the amount of rest you took, and how long your workouts take.
- **Drink lots of water:** Be sure to keep yourself hydrated as these workouts will take a lot out of you.
- **Get good rest.** Sleep and recovery time is going to be huge on this program. Try to sleep at least 7-8 hours per night to allow your body to recover and grow.

Note to beginners:

The workouts on the Superhero Supersets System are very challenging. Therefore, you may want to cut the workouts down in half when first starting out. For example, if the program calls for you to do 3 rounds, you should cut that down and only do one or two total rounds. You can then build up to doing more.

Superhero Supersets

Perform each workout below having at least a days rest in between. For example, do workout #1 on Monday, #2 on Wednesday, and #3 on Friday.

Workout #1

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- Bodyweight Squat – 20 seconds
- Pushups – 20 seconds
- Alternating Reverse Lunge – 20 seconds
 - Rest 30 seconds and then start Superset #1

Workout Superset #1

- Go through 3 times with no rest between exercises. Rest 30 seconds between full circuits.

1A) Squat Jumps– 30 seconds

1B) Pushups – 30 seconds

1C) Sprints in Place - 30 seconds

- Rest for 30 seconds and repeat 4 full circuits.

Workout Superset #2

- Go through 3 times with no second rest between exercises. Rest 30 seconds between circuits.

2A) Reverse Lunges (alternating) – 30 seconds

2B) Decline Pushups – 30 seconds

2C) Ice Skaters – 30 seconds

2D) Burpees - 60 seconds

- Rest 30 seconds and repeat 3 full circuits.

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full rounds.

3A) KB Swing or DB Swing – 30 seconds

3B) Squat Jump – 30 seconds

3C) Spiderman Pushups – 30 seconds

Workout #2

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- Bodyweight Squat – 20 seconds
- Pushups – 20 seconds
- Alternating Reverse Lunge – 20 seconds

Warm-up Superset

- Go through 2 times with a 10 second rest between exercises. Rest 20 seconds and move on to the real sets.

1A) Pullups – 20 seconds

- 10 seconds transition

1B) Alternating Lunges – 20 seconds

Workout Superset #1

- Go through 3 times with no rest between exercises. Rest 30 seconds between supersets.

1A) Pull-Ups – 30 seconds

1B) Bulgarian Split Squat – 30 seconds (each leg)

1C) Sprints in Place - 30 seconds

- Rest for 30 seconds and repeat 3 full circuits.

Workout Superset #2

- Go through 3 times with no rest between exercises. Rest 30 seconds between circuits.

2A) Jump Lunges or Lunges (alternating)– 30 seconds

2B) Kettlebell Swing – 30 seconds

2C) Bulgarian Split Squat– 30 seconds each side

2D) Burpees- 60 seconds

- Rest 30 seconds and repeat 3 full circuits.

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full supersets.

3A) Burpees – 30 seconds

3B) Mountain Climbers – 30 seconds

3C) Bodyweight Squats– 30 seconds

3D) Kettlebell Swings- 30 seconds

Workout #3

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- Bodyweight Squat – 20 seconds
- Pushups – 20 seconds
- Alternating Reverse Lunge – 20 seconds

Warm-up Superset

- Go through 1 time with a 10 second rest between exercises. Rest 20 seconds and move on to the real sets.

1A) Close Grip Pushups – 20 seconds

- 10 seconds transition

1B) Reverse Lunge (alternating)– 20 seconds each side

Workout Superset #1

- Go through 3 times with no second rest between exercises. Rest 30 seconds between circuits.

1A) Close Grip Pushups – 30 seconds each arm

1B) Reverse Lunge (alternating) – 30 seconds each side

1C) Sprints in Place to Burpees - 15 seconds each

- Rest for 30 seconds and repeat 3 full circuits.

Workout Superset #2

- Go through 3 times with no rest between exercises. Rest 30 seconds between circuits.

2A) Spiderman Pushups – 30 seconds

2B) Box Jumps – 30 seconds

2C) Close Grip Pushup– 30 seconds

2D) Sprints in Place – 30 seconds

- Rest 30 seconds and repeat 3 full circuits.

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full supersets.

3A) Burpees – 30 seconds

3B) Cross Body Mountain Climbers– 15 seconds

3C) Squat Jumps– 30 seconds

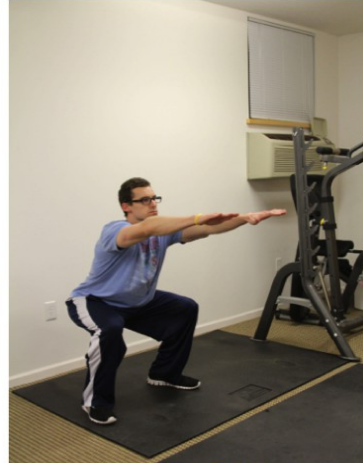
Exercise Descriptions

Bodyweight Squats

1. Starting Position: Start with your feet a little wider than shoulder width apart and arms placed straight out in front of you. Place your feet in a comfortable position facing straight forward or a little outwards
2. Movement: Slowly lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight. Once you have reached the bottom of your squat, pause then return to the starting position. This is considered one repetition.



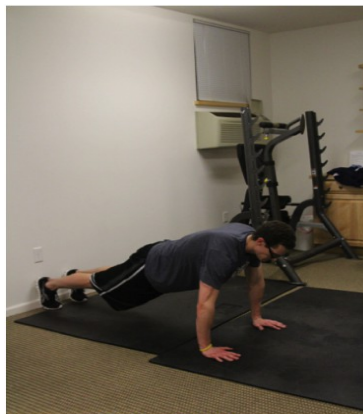
Start and Finish



Midway Point

Push-Ups

1. Starting Position: Get in a push-up position with your hands about shoulder width apart or a little wider than shoulder width. Keep your core tight and your back straight.
2. Movement: Slowly lower yourself down to the floor keeping your core tight and back straight. Once you have reached 2-4 inches off the floor, pause for a second then push yourself back up into the starting position.



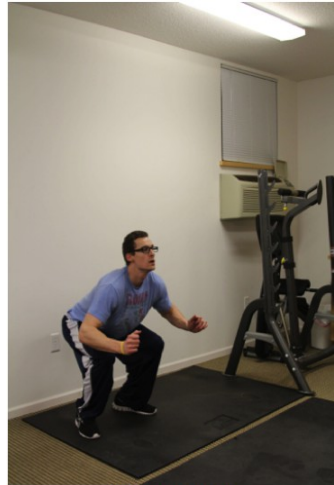
Start and Finish



Midway Point

Squat Jumps

1. Starting Position: Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down as though you were performing a bodyweight squat.
2. Movement: When you reach the bottom of your squat, drive your feet into the ground exploding into a vertical jump. When coming down, be sure and land softly the repeat.



Start and Finish



Midway Point

Alternating Lunges

1. Starting Position: Start by standing with your feet shoulder width apart, and your hands placed on your head or down by your side. You will then step straight out and place that foot in front of you.
2. Movement: When your lead foot hits the ground, you will drop your back knee until it is one inch off the ground. You will need to be sure your core is tight throughout the movement. Once you have lunged your back leg to the floor, you will explode up by pushing off your front leg and returning to the starting position. You will then repeat the same movement with the opposite leg.



Pull-Ups

Target: Core, lats, biceps, rear shoulders (Full Body)

1. Starting Position: Grip the bar with your palms facing forward with your hands slightly wider than shoulder width apart. Hang with your arms fully extended and your core tight.
2. Movement: Pull yourself up until your chin has gone past the bar then slowly lower yourself back down to the starting position.



Bulgarian Split Squat

1. Place one leg on a bench or chair making sure that it is secure. With your other leg, take a step forward that is a little further than your normal step.
2. Keeping your core tight, lower your body until your front leg has reached a 90 degree angle. You will then return to the starting position and complete for the allotted amount of time/reps. Once finished, switch legs.



Close Grip Push-Ups

1. Starting Position: Get in a push-up position with your hands forming a diamond below your chest. Keep your core tight and your back straight.
2. Movement: Slowly lower yourself down to the floor keeping your core tight and back straight. Once you have reached 2-4 inches off the floor, pause for a second then push yourself back up into the starting position.

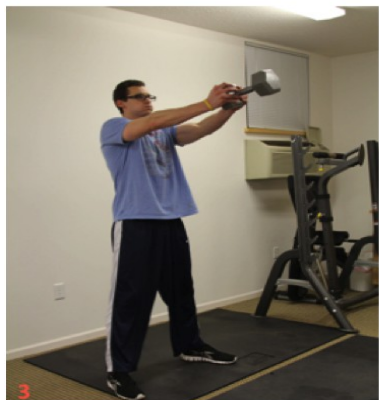
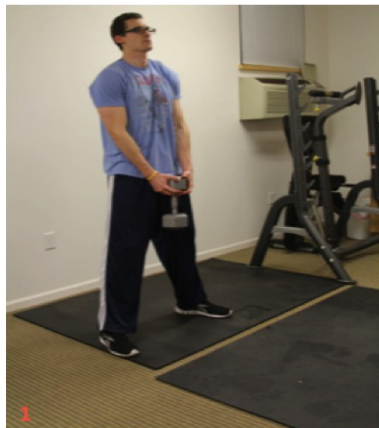


Kettlebell Swings

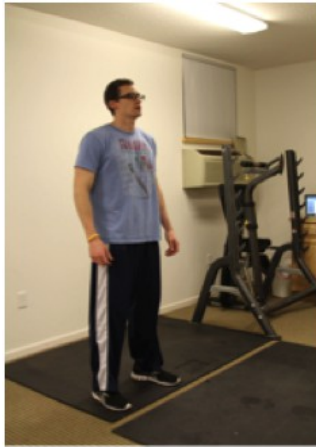
1. Starting Movement: Start with your stance a little wider than shoulder width apart with your toes pointed slightly outwards.

2. Movement: Squat down with your back completely straight, dropping the dumbbell between your legs. When you have reached the bottom on your squat, you will slightly push your forearms against your groin area to get momentum to swing the dumbbell back up. You will then squat back up while the dumbbell swings up in a fluid motion with the squat. This is a continual movement so once you have stood back up and the dumbbell has reached about chest height, you will repeat the movement again.

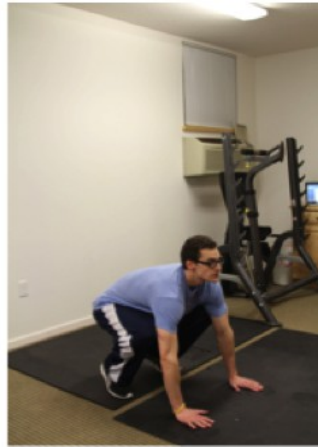
Trainer's Tip: Start out using a comfortable weight especially if you have never done this movement before. Kettlebells work best for this movement.



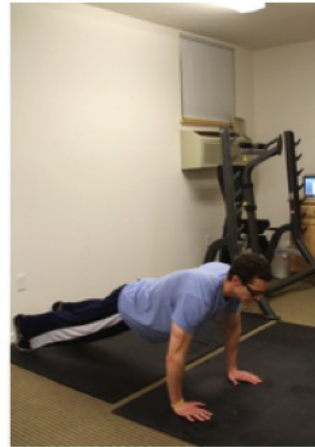
Burpees



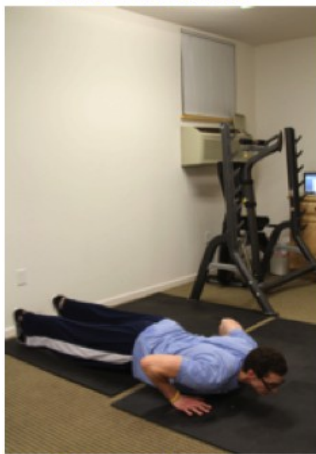
Start and Finish



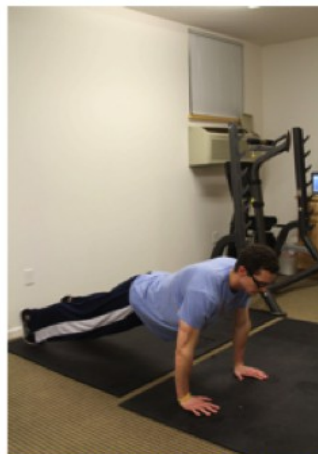
Squat down and place hands on the ground



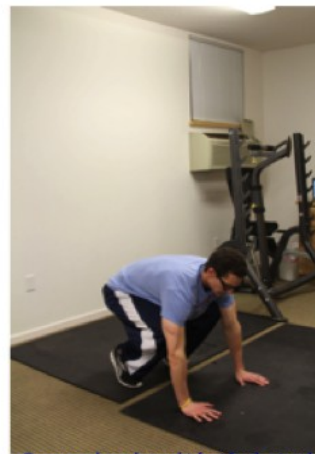
Fire feet back into push-up position



Perform a push-up



Keep core tight, ready to jump back forward



Once you have brought feet back, stand back up into the starting position

Trainer's Tip: There are many different burpee variation exercises. For beginners, you can omit the push-up done in pictures 4 and 5, and instead just perform the squat to jump back, to jump forward to squat up. For more advanced variations, you can add in push-ups as we did in the pictures, and can also add in a squat jump at the end of the movement.

Reverse Lunges

1. Starting Position: Start by standing with your feet shoulder width apart, and your hands placed on your hips or by your side. You will first lift one leg upwards then step straight back and place that foot behind you.
2. Movement: When your foot hits the ground, you will drop your back knee so it is about an inch off the ground. You will need to be sure you core is tight throughout the movement. Once you have lunged your back leg to the floor, you will explode up by pushing off your back leg and returning to the starting position. You will then repeat the same movement with the same leg for the allotted amount of time, then switch to the other leg.



Box Jumps

1. Stand in front of a box that is 12-24 inches high. Engaging your core, jump and land on top of the box with your knees bent allowing your muscles to absorb the force.
2. Step down off the box and repeat. Gradually increase the box height according to what is comfortable for you.



Ice Skaters

1. Starting in an athletic position with your knees bent and core tight, you will jump laterally to one side landing on only your outside foot.
2. Once you have landed safely, you will jump back landing on your other foot. You will continue in this fashion for the duration of the given time frame. Be sure to start with jumping at a comfortable distance. As you get stronger you can work on jumping further and further.



Spiderman Push-Ups

1. Starting Position: Start in a push-up position with your core tight and back straight.
2. As you lower yourself down to perform a push-up, you will bring one leg up (keeping it close to the ground) to the elbow on that same side. One the way back up, your leg will return to the starting position. On the next repetition you will use the opposite leg (the leg you didn't use on the first rep). You will continue in this alternating fashion for the duration of the time.



Mountain Climbers

1. Starting Position: Start in a push-up position with your core tight and back straight.
2. Movement: Fire one leg forward towards your chest keeping the knee low to the ground and your back straight. Once you have reached the chest area with the first leg, return to the starting position and perform the same routine with the next leg. You will continue this alternating fashion for the allotted amount of time.



Start and Finish



Midway Point

Now that you have gone through these awesome Superhero Supersets, I know you are ready for more!

Here's the thing, I am known as the 'Workout Wizard' and have even been called the '**Clark Kent of the Fitness Industry.**' ----->

I know how to create awesome, done-for-you fat burning workouts...
Ones that bring incredibly fast results, are super fun to do, and can be done with zero equipment!

If you are tired of not seeing results and *want a system that you cannot find anywhere else on the Internet...*

Then head over to SuperheroSprints.com and take my 6-week Superhero challenge.

I am so confident that this system will work for you that I risk everything by offering it to you 100% risk free.

Listen to my guaranteed:

If you do not see more results in the next 6-weeks than you have seen in the previous 6 months, I will return every penny spent!

That is how confident I am. This is the exact system I used to get wedding day ready in under 6-weeks.

If it can work for me and the 500+ others that have gone through the system, it most certainly will work for you too.

Thank you for trying out the Superhero Supersets! Now take the next step and go grab the rest of the workouts that are waiting for you:

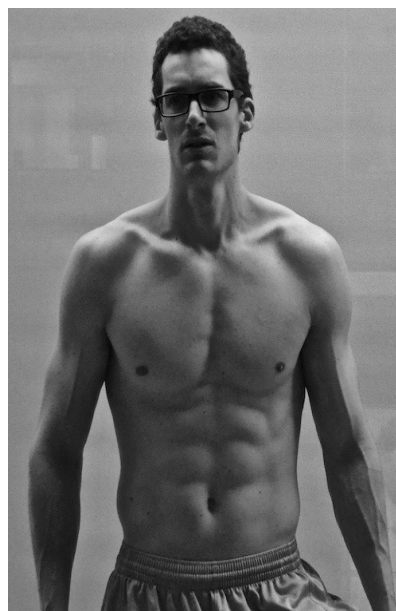
[Click HERE Get the Complete Superhero Sprints System!](#)

Dedicated to your fitness,

Dennis Heenan, CPT

Founder: FatBurningNation.com

Creator: SuperheroSprints.com



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By Dennis Heenan
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