



SUPER STRENGTH

Week 1

- [Day 1 - Super Strength Upper Burn](#)
- [Day 2 - Super Strength Lower 1](#)
- [Day 3 - Super Slow Strength Lower](#)
- [Day 4 - Super Slow Strength Upper](#)
- [Day 5 - Super Strength Fullbody Pyramid](#)

Week 2

- [Day 1 - Super Strength Trisets Upper](#)
- [Day 2 - Super Strength Pre Fatigue Upper](#)
- [Day 3 - Super Strength Pairs Lower](#)
- [Day 4 - Super Strength Pauses Lower](#)
- [Day 5 - Super Strength Finale](#)