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How To: Build a Superset



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18 days ago · Updated

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This article will show you:

- How to build a superset.

You need this because:

- You want to learn how to alternate a group of exercises within a circuit.
- You want to save time when building your program for athletes.

Watch our How-To video and follow the steps below:

How to Build a Superset in CoachMePlus | FAQs + Help



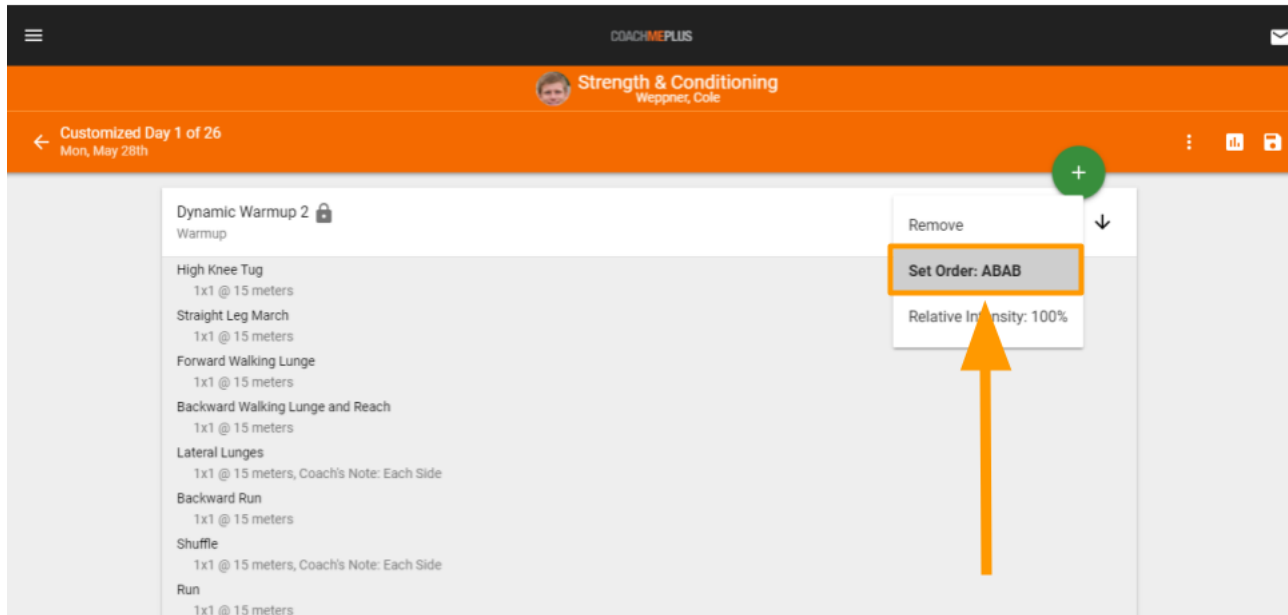
Building a Superset:

A Superset is two or more exercises in an alternating sequence performed back-to-back with no rest in between. Supersets are often used in a push-pull workout, such as an alternating bench press and pull downs. They can only be used with in a circuit that has an AABB structure.

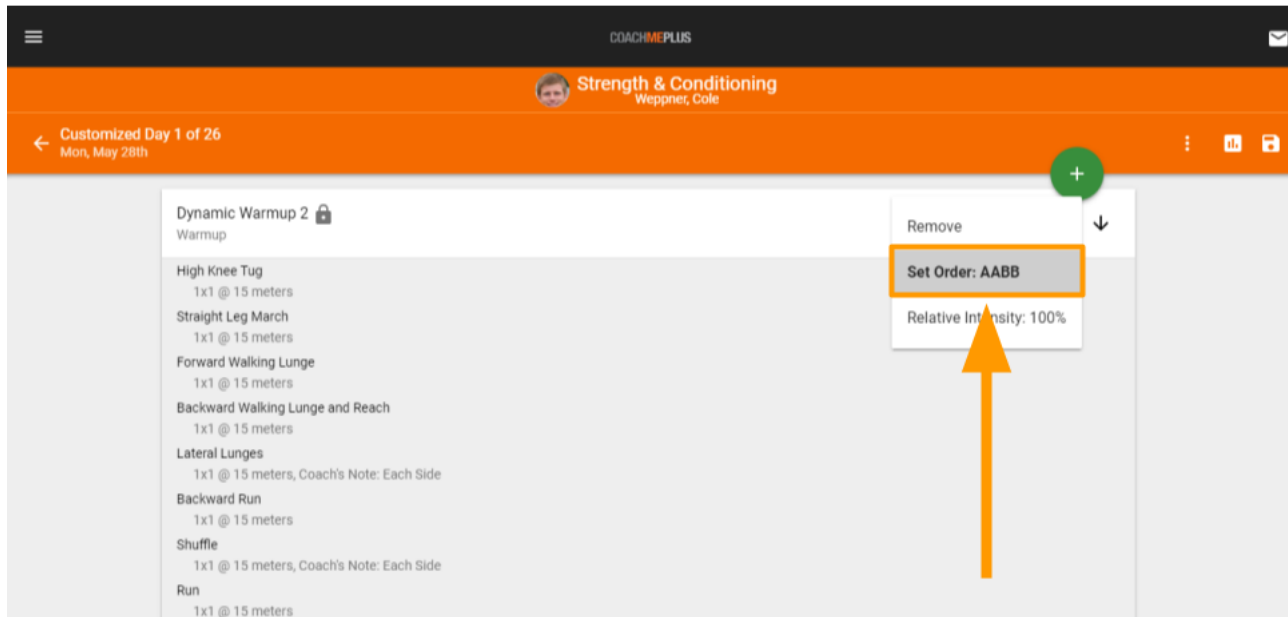
To create a **Superset**:

Step One: Go to your **Program** and create a **Circuit** with **Exercises**. If your **Circuit** is in AB AB order, use the dropdown menu to set the order to AA BB.

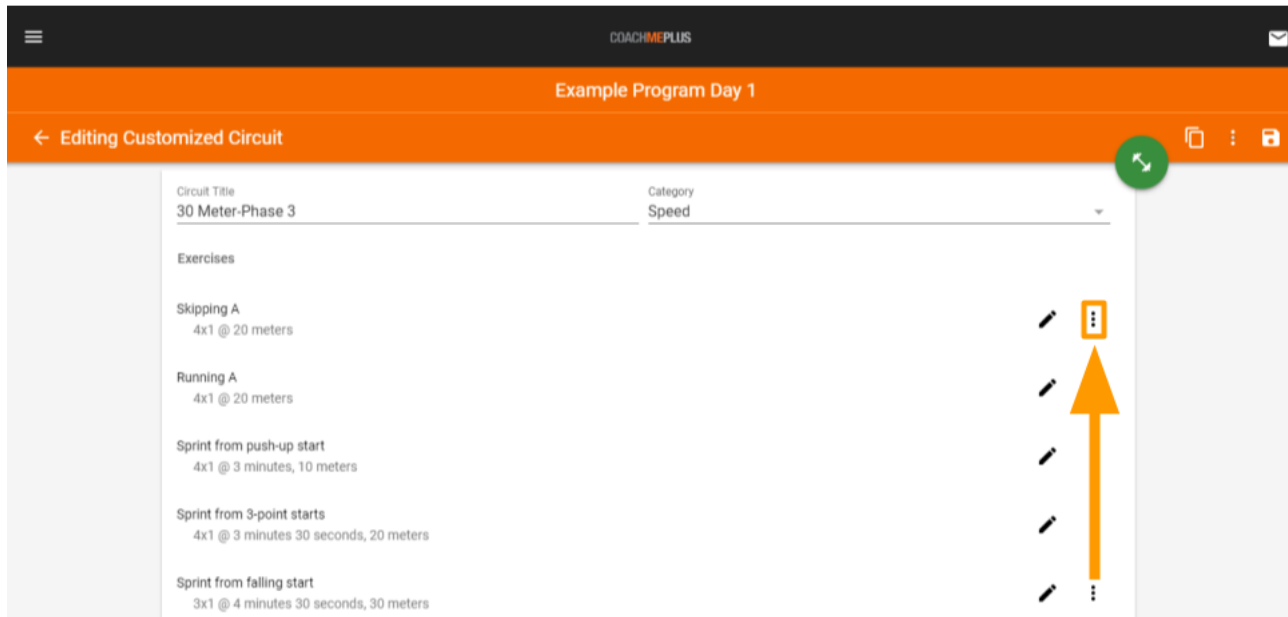
AB AB Order:



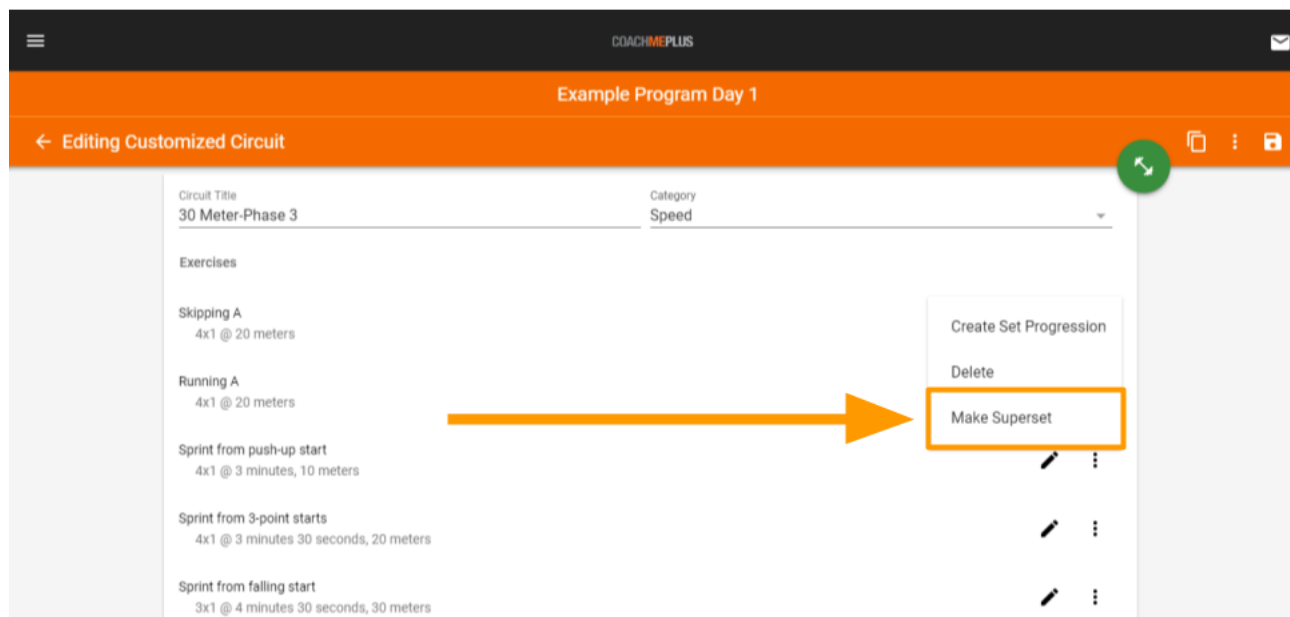
AA BB Order:



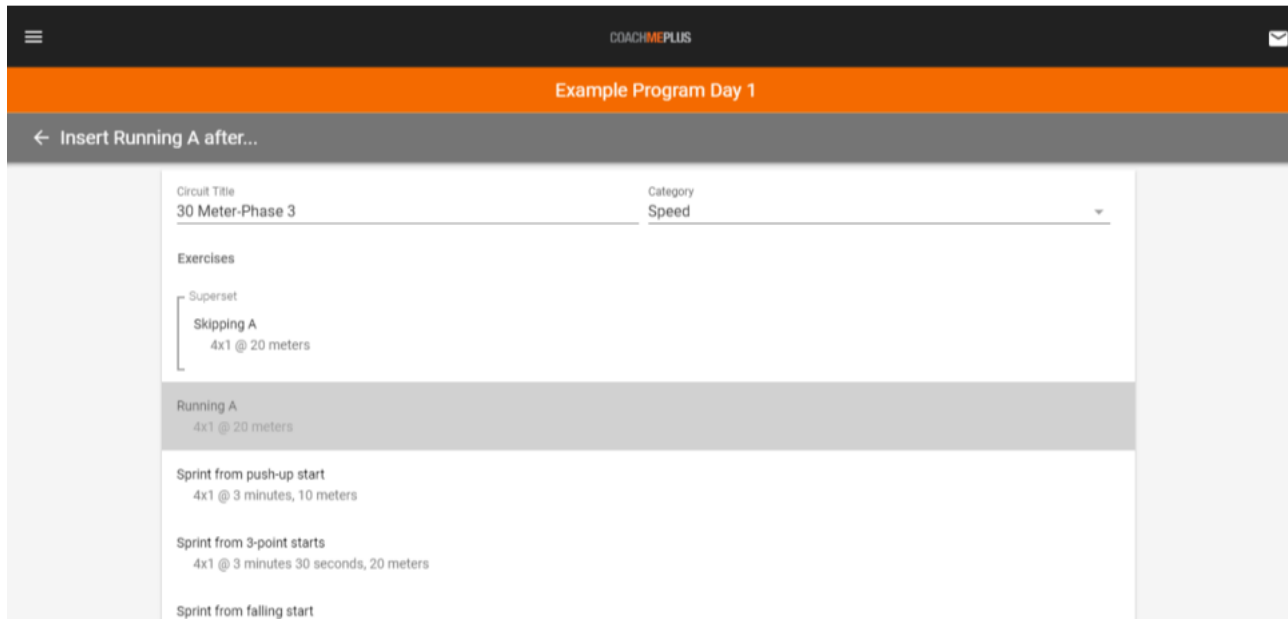
Step Two: Add first exercise of **Superset** if not done so already. Click on the three dots icon on the far right of the exercise you would like in the **Superset**.



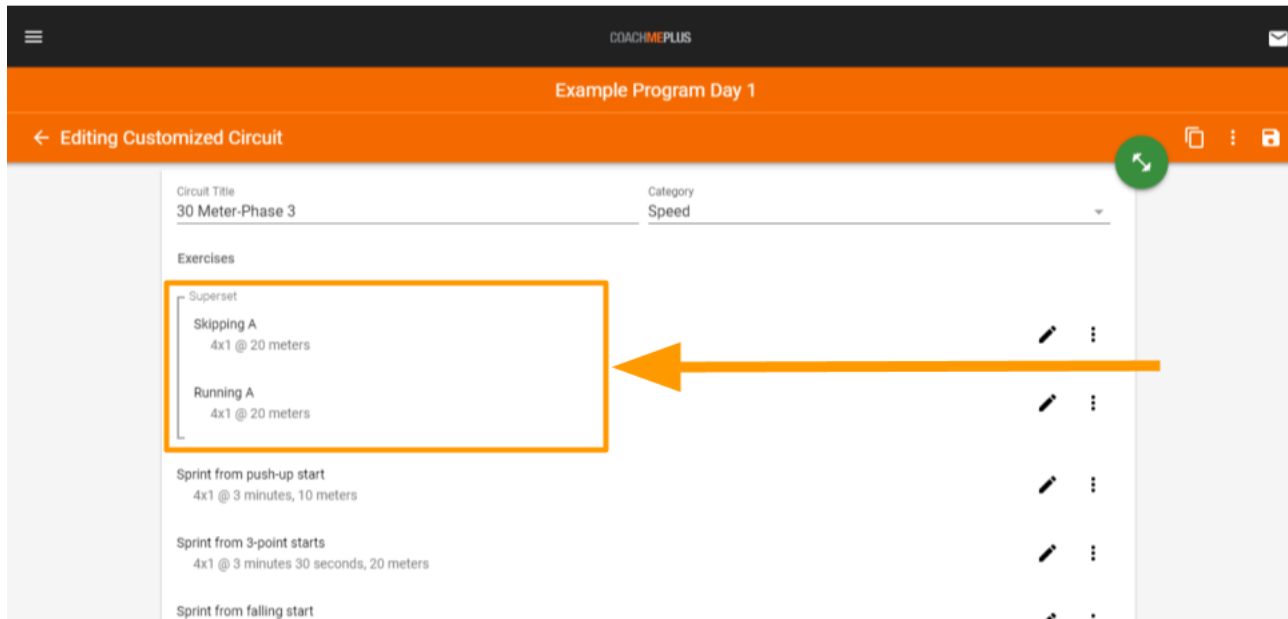
Step Three: Select the **Make Superset** button. The **Exercise** you selected this for will automatically be placed inside of the **Superset**.



Step Four: Move **Exercises** into the **Superset**, by selecting the move option and placing them into the **Superset**. **Supersets** can be sorted up or down by selecting and moving **Exercises**. **Supersets** can also be moved within the **Circuit**.



Step Five: Superset with new **Exercise** added onto the first:



Step Six: To remove the **Superset** (un-link superset) remove all of the **Exercises** from the **Superset**.



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