

Supersets

Order	Exercise	Rounds	Duration	Rest	RPE /10
LOWER COMPLEX EXAMPLE (PAP POWER)					
1	Half range dead squats (75%+ 1RM)	4-6	3-6r	1-3m	5-7
1	Consecutive jumps		3-6r	3-5m	8-10
ACTIVE RECOVERY DRILLS					2
LOWER COMPLEX EXAMPLE (PAP STRENGTH)					
2	Consecutive jumps	4-6	3-6r	1-3m	5-7
2	Half range dead squats (75%+ 1RM)		3-6r	3-5m	8-10
ACTIVE RECOVERY DRILLS					2
UPPER DROP SETS EXAMPLE (HYPERTROPHY)					
3	Heavy dumbbell chest press (65%+ 1RM)	3-5	6-12r	30s-1m	
3	Cable flyes (50% 1RM)		6-12r	2-3m	
HIT ENDURANCE EXAMPLE (ENDURANCE)					
4	Dumbbell thrusters (30-40% 1RM)	15min	15	>60s	
4	Hinge rows (30-40% 1RM)		15	>60s	
Aerobic EXAMPLE (ESD)					
4	Bike	1x	50/40/30/20/10	20s	4/5/6/7/8
4	Skierg		50/40/30/20/10	20s	4/5/6/7/8

Complex

Drop sets

HIIT

ESD

Cardio	★ ★ • • •
Endurance	★ • • • •
Hypertrophy	★ ★ ★ • •
Strength	★ ★ ★ ★ ★
Power	★ ★ ★ ★ ★

Cardio	★ ★ • • •
Endurance	★ ★ ★ • •
Hypertrophy	★ ★ ★ ★ ★
Strength	★ ★ ★ ★ •
Power	★ • • • •

Cardio	★ ★ ★ ★ •
Endurance	★ ★ ★ ★ ★
Hypertrophy	★ ★ ★ • •
Strength	★ ★ • • •
Power	★ ★ • • •

Cardio	★ ★ ★ ★ ★
Endurance	★ ★ ★ ★ •
Hypertrophy	★ ★ • • •
Strength	★ • • • •
Power	★ ★ • • •