By adding 1 min of cardio in between each completed superset will increase your heart rate and increase fat burn (exercises may include jump rope, jumping jacks, high knees, etc.)

Try to complete each superset with minimal rest during it!

Questions or Comments? Please e-mail fitness@oswego.edu
Sample Diagrams

Hammer curls

Lay down push ups

Burpee push-ups

Commandos

Cable squat row