

DAN LONG'S
STEEL PUMPING SUSPENSION
POWER-SETS



NOW MEN & WOMEN CAN:

TRIPLE YOUR STRENGTH...

DOUBLE YOUR ENDURANCE...

NEVER WAIT ON LEAN MUSCLE GROWTH AGAIN...

Steel Pumping Suspension Power-Sets

By: Dan Long, CKMT

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Dan Long's Steel Pumping Suspension Power-Sets

Welcome to my Steel Pumping Suspension Power-Sets program. With this program, you will be performing exercises back to back, super-setting suspension strap exercises with all your favorite muscle building exercises.



MEETS THE...



Training my way, between weights and your suspension trainer, will add intensity to your workout, but recruiting muscle fibers just a bit differently, pumping your muscles up like never before. Power-Setting is a more advanced way to lift weights involving two exercises one right after the other with no rest in between. The exercises can be done for the same muscle group (my favorite way), or from different muscle groups. And by adding Power-Sets to your workouts, you'll benefit in the following ways:

1. Burn calories/fat
2. Speed up your workout time
3. Increase Growth Hormone levels, which is the perfect recipe for fat loss
4. Increase muscle size and tone
5. Smash through plateaus

At the point when you just barely get that last rep, you're going to power-set with a suspension exercise using a TRX, Jungle Gym XT, SBT, or any other suspension device, to send your muscles into a pump that feels unlike any pump you have ever felt before. Will this really work? Guaranteed! You're not going to believe the results you're going to get. It's time to build muscle in a fun, new, and most effective way. Oh, and if you're training around other people, plan on everyone watching you.

BOOM! Goes the Power-Set Dynamite!

Dan Long's **Kill Mode** Goal Shattering Solutions



If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period.

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode. Here's what you're going to do:

Dan Long's Kill Mode Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Muscle Burn Strategy

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

Pain Strategy

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise and replace it with another one in that circuit that you can do without pain, to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode Train with me using these techniques I'm teaching you.




Steel Pumping Suspension Power-Sets in Action:

Perform each exercise, back to back, for each muscle group, performing 4 rounds with a 9 to 10 intensity, for 8 (easier) - 12 (harder) reps, and immediately perform suspension exercise for 25 seconds. Perform first 2 rounds at a tempo of 4 -0-1 (4 seconds to lift, no pause, 1 second to lower), then perform last 2 rounds at a tempo of 2-0-1 (2 seconds to lift, no pause, 1 second to lower)




Intensity Scale (1 to 10)

- 1 – 2 Warm up
- 3 – 4 Moderately Difficult (light weight w/little resistance; slight burn w/minimum results)
- 5 – 6 Hard (strenuous and becoming fatigued; moderate results)
- 7 – 8 Very Hard (burns like crazy; straining to keep proper form; above average results)
- 9–10 Maximum Difficulty (100% Max Effort; Near Failure; maximum results)




Power-Sets for Biceps

Weights	Suspension Straps *See SR Videos for Demonstrations
<p>1. Bicep Curl</p> 	<p>Bicep Curl</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Hammer Curl</p> 	<p>Hammer Curl</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Reverse Bicep Curl</p> 	<p>Reverse Bicep Curl</p> <p>*See SR Videos for Demonstrations</p>




Power-Sets for Triceps

Machine/Weights	Suspension Straps *See SR Videos for Demonstrations
<p>1. Kickbacks</p> 	<p>Reverse Triceps Fly</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Reverse Triceps Extension</p> 	<p>Reverse Triceps Extensions</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Triceps Extension</p> 	<p>Triceps Extension</p> <p>*See SR Videos for Demonstrations</p>




Power-Sets for Back

Machine/Weights	Suspension Straps *See SR Videos for Demonstrations
<p>1. Front Lat Pull Downs</p> 	<p>45° Rows</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Bent Over Rows</p> 	<p>Power Pulls</p> <p>*See SR Videos for Demonstrations</p>
<p>3. One Arm Lat Rows</p> 	<p>One Arm Row Under Anchor Point</p> <p>*See SR Videos for Demonstrations</p>




Power-Sets for Shoulders

Weights	Suspension Straps *See SR Videos for Demonstrations
1. Shoulder Press 	90° Shoulder Press *See SR Videos for Demonstrations
2. Combo Front Raises/Lateral Raises 	T, Y, I Fly *See SR Videos for Demonstrations
3. Rear Delt Rows 	Reverse Rows *See SR Videos for Demonstrations

Power-Sets for Abs

Weights/Bodyweight	Suspension Straps *See SR Videos for Demonstrations
<p>1. Weighted Accordion Crunches</p> 	<p>Weighted Accordion Crunches</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Russian Twist</p> 	<p>Russian Twist</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Jackknife Crunches</p> 	<p>Jackknife Crunches</p> <p>*See SR Videos for Demonstrations</p>




Power-Sets for Core

Bodyweight Only	Suspension Straps *See SR Videos for Demonstrations
1. Superhero Plank 	Superhero Plank *See SR Videos for Demonstrations
2. Single Leg Plank L/R Elbow Up/Down 	Single Leg Plank L/R Elbow Up/Down *See SR Videos for Demonstrations
3. 90° Knee Kicks 	90° Knee Kicks *See SR Videos for Demonstrations



Power-Sets for Lower Body/Plyometrics

Weights	Suspension Straps *See SR Videos for Demonstrations
<p>1. Dumbbell Squat Jumps</p> 	<p>Dumbbell Squat Jumps</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Dumbbell Sprinter Start w/Hop</p> 	<p>Dumbbell Sprinter Start w/Hop</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Box Jumps</p> 	<p>45° Front Squat Jumps</p> <p>*See SR Videos for Demonstrations</p>

Power-Sets for Quads/Glutes

Weights/Bodyweight	Suspension Straps *See SR Videos for Demonstrations
<p>1. Dumbbell Reverse Lunge</p> 	<p>Floating Lunge</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Dumbbell Front Lunge</p> 	<p>Suspended Lunge</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Military Squat Hops</p> 	<p>Single Leg Squat</p> <p>*See SR Videos for Demonstrations</p>

Power-Sets for Hamstrings

Machine/Weights	Suspension Straps *See SR Videos for Demonstrations
<p>1. Straight Leg Bend Over</p> 	<p>Bicycle Runners</p> <p>*See SR Videos for Demonstrations</p>
<p>2. Prone Hamstring Curl</p> 	<p>Supine Hamstring Curl</p> <p>*See SR Videos for Demonstrations</p>
<p>3. Single Leg Hamstring Curl</p> 	<p>Single Leg Hamstring Curl</p> <p>*See SR Videos for Demonstrations</p>